



New Covid Information – April 2022 – Living With Covid

NEW: Updated NHS COVID-19 symptoms lists

The NHS COVID-19 symptoms in adults and symptoms in children have been updated.

Symptoms of coronavirus (COVID-19) in adults and children can include:

- a high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to your sense of smell or taste
- shortness of breath
- feeling tired or exhausted
- an aching body
- a headache
- a sore throat
- a blocked or runny nose
- loss of appetite
- diarrhoea
- feeling sick or being sick

However, the guidance no longer states that people with these symptoms need to take a COVID19 test, so this is for information only.

NEW: New guidance following the Living with COVID announcement from Haringey Public Health

Please note the following new guidance:

1. From 1 April, anyone with a positive COVID-19 test result will be advised to try to stay at home and avoid contact with other people. (a) In adults this is for **five** days, (b) For children and young people aged 18 and under, the advice will be **three** days.

N.B. Obviously as tests are no longer required, this guidance is only for those who happen to have done a test that they bought privately, or that have remaining supplies. It is not a requirement that people take them when they have symptoms.

2. When children and young people with symptoms should stay at home and when they can return to education:

- As tests are no longer freely available, children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people. They can go back to school, college or childcare when they no longer have a high temperature, and they are well enough to attend.
- Children and young people with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to attend their education setting.
- Children and young people who usually attend an education or childcare setting and who live with someone who has a positive COVID-19 test result should continue to attend as normal.

3. It is particularly important for unwell individuals to avoid close contact with anyone who is at higher risk of becoming seriously unwell if they are infected with COVID-19 and other respiratory infections, especially those whose who are immunocompromised.

4. Further information can be found in the new UKHSA guidance for the general population on People with symptoms of a respiratory infection including COVID-19 - GOV.UK (www.gov.uk) and in the “Respiratory infections, including coronavirus (COVID-19)” section of Chapter 3: public health management of specific infectious diseases - GOV.UK (www.gov.uk)

Reminder: Hand hygiene and ventilation in school

As we move to an approach where COVID is treated in a similar way to other infections that circulate in schools, it remains really important for schools to have measures in place that minimise spread of COVID and other infectious diseases.

Good ventilation and hand hygiene continue to be extremely important:

- All children and young people with respiratory symptoms should be encouraged to cover their mouth and nose with a disposable tissue when coughing and/or sneezing and to wash their hands after using or disposing of tissues.
- Please continue to use CO2 monitors and take action (open a window) if the level of CO2 goes above 800ppm.
- If the weather permits it then try to maximise outdoor time, for example eating lunch outdoors, taking some lessons outdoors if practical, etc.