



You may have recently noticed an increase in the number of children and staff unwell with fever, coughs, colds and sore throats. Nationally, we are now seeing lots of common respiratory viruses circulating in young children, as well as COVID-19. These include Respiratory Syncytial Virus (RSV) and Parainfluenza, in particular.

Most often, these are mild self-limiting illnesses and can be treated at home with paracetamol (calpol) and keeping up fluid intake by drinking. However, they can cause more serious illness in those with underlying health problems or in the very young or very old.

They are easily transmitted from person to person so it is important that children and staff are kept away from school/nursery whilst they are acutely unwell and for at least 24 hours after any fever has gone.

The symptoms that should trigger exclusion from school or nursery are:

- 1) A temperature, cough or loss of or change to taste or smell – exclude on suspicion of Covid-19 and parent/staff member should arrange a PCR test via [NHS online portal](#) or by calling 119. **The case should not leave isolation until the outcome of the test is known. Their household should also isolate at least until the test results are received.**

If the test is positive, the case will need to stay at home for ten days and until they are fever free for at least 24 hours. Household and other close contacts will need to stay at home for ten days.

If the test is negative, the case should only return to nursery/school once they have recovered from their acute symptoms and are at least 24 hours fever free.

- 2) A temperature of $\geq 37.8^{\circ}$ as well as new onset, or worsening of one or more respiratory symptoms: (cough, hoarseness, nasal discharge/congestion, shortness of breath, sore throat, wheezing, sneezing). The case should only return to nursery/school once they have had a negative test for COVID-19 and they have recovered from their acute symptoms and are at least 24 hours fever free.

Examples of acute symptoms with which children should not attend school/nursery include fever, muscle aches, hacking cough.

Examples of symptoms with which children could attend school/ nursery include persistent runny nose, irritable cough (if COVID-19 positive, they must have completed the appropriate isolation period).

If you are concerned about how unwell a child or adult is, please seek advice from your pharmacy, your GP or NHS 111; call 999 or go to A&E *in an emergency*.

What else can I do to stop the spread of infections?

Practice rigorous Infection Prevention and Control measures including good hand and respiratory hygiene and enhanced cleaning

- Wash your hands with soap and water often – do this for at least 20 seconds
- Use hand sanitiser gel if soap and water are not available
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze

- Put used tissues in the bin immediately and wash your hands afterwards
- Frequent cleaning, particularly of high frequency touch points such as door handles, table-tops, with 1000ppm chlorine based solution

Further Information

[How to stop the spread of coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/coronavirus/covid-19/what-is-covid-19)

Yours faithfully,

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