



## **More House School**

### **COVID-19 guidance** **January 2023**

The school's guidance for children, young people and adults attending the school campus, including visitors, is presented below, and is informed by the UK Government's Health Security Agency.

The below guidance is subject to amendment in response to changing information and circumstances, and may be altered at short notice.

#### **Precautions**

The practising of good hand and face hygiene is still strongly recommended. HM Government advice recommends the following:

1. Get vaccinated.
2. Let fresh air in if meeting others indoors.
3. Practise good hygiene:
  - wash your hands
  - cover your coughs and sneezes
  - clean your surroundings frequently
4. Wear a face covering or a face mask.

These recommendations are not mandatory but are considered matters for personal choice. In our School environment, face-coverings can exacerbate communication difficulties, and there is currently no expectation on pupils or adults to wear coverings. However, individual preferences for own practice in this respect will be supported.

#### **Testing**

There is no expectation that adults or children access any COVID-19 testing, even if symptomatic.

Most people can no longer access free testing for COVID-19, and there is no expectation for adults or pupils to test.

#### **Symptoms and response**

If you have symptoms of a respiratory infection, such as COVID-19, and you have a high temperature or you do

not feel well enough to go to work or carry out normal activities, you are advised to try to stay at home and avoid contact with other people.

Symptoms of COVID-19, flu and common respiratory infections include:

- continuous cough
- high temperature, fever or chills
- loss of, or change in, your normal sense of taste or smell
- shortness of breath
- unexplained tiredness, lack of energy
- muscle aches or pains that are not due to exercise
- not wanting to eat or not feeling hungry
- headache that is unusual or longer lasting than usual
- sore throat, stuffy or runny nose
- diarrhoea, feeling sick or being sick

You should return to work or normal activities once you no longer have a high temperature and you feel well enough to do so.

### **Symptoms in children and young people**

In accordance with the government's published guidance, 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 More House School.

Children and young people who are unwell or have a high temperature should stay at home and avoid contact with other people, where they can. They can return to More House School, and resume normal activities when they no longer have a high temperature and they are well enough to attend.

### **Testing positive for COVID-19**

There is no expectation that adults or children access any COVID-19 testing, even if symptomatic.

Many people with COVID-19 will no longer be infectious to others after 5 days. If you have a positive COVID-19 test result, try to stay at home and avoid contact with other people for 5 days after the day you took your test.

If you leave your home during the 5 days after your positive test result the following steps will reduce the chance of passing on COVID-19 to others:

- wear a well-fitting face covering made with multiple layers or a surgical face mask
- avoid crowded places such as public transport, large social gatherings, or anywhere that is enclosed or poorly ventilated
- take any exercise outdoors in places where you will not have close contact with other people
- cover your mouth and nose when you cough or sneeze; wash your hands frequently with soap and water for 20 seconds or use hand sanitiser after coughing, sneezing and blowing your nose and before you eat or handle food; avoid touching your face.

## Children and young people aged 18 years and under who have a positive test result

It is no longer recommended that children and young people are tested for COVID-19 unless directed to by a health professional.

If a child or young person has a positive COVID-19 test result they should try to stay at home and avoid contact with other people for 3 days after the day they took the test, if they can. After 3 days, if they feel well and do not have a high temperature, the risk of passing the infection on to others is much lower. This is because children and young people tend to be infectious to other people for less time than adults.

Children and young people who usually attend School and who live with someone who has a positive COVID-19 test result should continue to attend as normal.

## Close contacts

If you are a household or overnight contact of someone who has had a positive COVID-19 test result it can take up to 10 days for your infection to develop. It is possible to pass on COVID-19 to others, even if you have no symptoms.

You can reduce the risk to other people by taking the following steps:

- avoid contact with anyone you know who is at [higher risk of becoming severely unwell](#) if they are infected with COVID-19, especially [those whose immune system means they are at higher risk of serious illness from COVID-19, despite vaccination](#)
- limit close contact with other people outside your household, especially in crowded, enclosed or poorly ventilated spaces
- wear a well-fitting face covering made with multiple layers or a surgical face mask if you do need to have close contact with other people, or you are in a crowded place
- wash your hands frequently with soap and water or use hand sanitiser

If you develop symptoms of a respiratory infection, follow the *Symptoms and response* guidance provided above.

## Alternative Advice

Any person in receipt of different advice issued to them by a health clinician, is encouraged to contact More House School's Surgery staff ([surgery@morehouseschool.co.uk](mailto:surgery@morehouseschool.co.uk)) or, in the case of employees, visiting teachers and volunteers, More House School's Human Resources department, in order to consider necessary arrangements.

## More information

More detail of the UK Government's guidance can be accessed at: [People with symptoms of a respiratory infection including COVID-19 - GOV.UK \(www.gov.uk\)](#).

**Last reviewed: 30.12.22**