



## COVID Update

### Figures in Rugby

Unfortunately, Rugby is currently a COVID Hotspot, being one of only 38 places in the whole of the UK where the rate per 100,000 is greater than 100. With increased testing of secondary school children, a rise was to be expected, but this does not mean that we should not continue to do all we can to keep the rates down. Whilst deaths and hospitalisations remain very low, we still want to stop this horrible virus spreading as we know that it can make people very ill and some for quite a while.

### When should my child/ren stay off school and get tested?

Your child should stay off school and go for a PCR test \*(see below) if they have **any** of these symptoms:

- Headache
- Diarrhoea
- Vomiting
- Temperature
- Cough
- Aches in muscles
- Really tired
- Change in sense of taste or smell or no taste or smell
- Any cold like symptoms

Please trust us that although we know these are not in the top 3 symptoms as highlighted by the Government, we now have a years' worth of experience both at our school and in talking to other schools and know that these are the common symptoms in children.

**DO NOT SEND YOUR CHILD TO SCHOOL WITH ANY OF THESE SYMPTOMS UNTIL THEY HAVE HAD A PCR TEST AND YOU HAVE SENT US THE RESULTS. IF FOR ANY REASON YOU DO NOT WANT THEM TO HAVE A TEST, THEY MUST REMAIN OFF SCHOOL FOR 10 DAYS.**

Even if they do not have COVID, but are unwell still, please keep them off school.

### What about these lateral flow tests? \*\*

1 in 3 people with COVID don't even know they have it, but can still spread it. The best way to stop this is **for EVERYONE TO TEST REGULARLY. YOUR WHOLE HOUSEHOLD CAN DO THIS.** This will reduce people who do not even know they have it, passing it onto friends and family.

**These tests are for when you do not have symptoms – you are asymptomatic.**

These tests can be collected from the testing centre on Railway terrace, every day from 1pm to 8pm. You will get enough tests to last a couple of weeks.

If you can't get there, you can order online:

<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

**Please test regularly to reduce transmission**

### What can I do to help at school?

- Wear a mask (or a visor if exempt from wearing a mask)
- Stay 2m away from all other adults and children
- Don't stand and chat at the gates
- Stay to the left
- Drop off and collect at the right times
- Use the correct entrance
- Not mix with other households out of school
- Wash your hands regularly
- Take your child for a test if they are unwell
- Regularly test the whole household to pick up asymptomatic cases
- Follow all Government guidance
- Do not leave the country unless an emergency

### COVID Terminology

**\*PCR test** - Where you actually do the test there, they send it off and you have to wait 24-48 hours for a result -these tests are only available in Rugby at Railway terrace. You do these tests when you have symptoms.

**\*\* Lateral flow tests** – These are the rapid tests that only take 30 minutes for the results. You can do these yourself at home. You can collect kits from Railway terrace or the West Indian club. You do these when you do not have symptoms.