



Safeguarding children

1.16.6.1 COVID-19: policy and procedures

THIS IS THE LAST ADVICE FROM GOVERNMENT BEFORE RESTRICTIONS WERE LIFTED. IN THE EVENT OF A FURTHER OUTBREAK THESE RESTRICTIONS WILL BE REINTRODUCED.

The following is taken from the NHS website:

Symptoms of COVID-19

COVID-19 symptoms 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

The symptoms are very similar to symptoms of other illnesses, such as colds and flu.

Most people feel better within a few days or weeks of their first COVID-19 symptoms and make a full recovery within 12 weeks. For some people, it can be a more serious illness and their symptoms can last longer.



What to do if you have symptoms of COVID-19

You may be able to [look after yourself at home if you have COVID-19 or symptoms of COVID-19](#).

Try to stay at home and avoid contact with other people if you or your child have symptoms and either:

- have a high temperature
- do not feel well enough to go to work, school, childcare, or do your normal activities

You can go back to your normal activities when you feel better or do not have a high temperature.

If your child has mild symptoms such as a runny nose, sore throat or mild cough, and they feel well enough, they can go to school or childcare.

- **This policy was updated and reviewed in:**

Reviewed date	Name	Signature
January 2023	Stuart Watt	
August 2023	Stuart Watt	