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Dear Parents/Carers

As you know, the children have missed a great deal of school due to the coronavirus pandemic. Every school day for every child is now even more precious. So I want to reassure you that government guidance has not changed and children **can come to school if they have a cold**.

We know from experience that children often pick-up colds on returning to school and this can be a particular feature of the winter months despite rigorous handwashing, respiratory hygiene and a stringent cleaning schedule. Colds are unpleasant, but as long as your child feels well enough and follows hygiene rules in school they should be present.

Understandably, some parents may be concerned about differentiating between symptoms of a cold and symptoms of coronavirus. As you know, children should **not come to school if they or a member of their household has coronavirus symptoms**.

To help differentiate the 2 sets of symptoms this comparison chart is helpful:

SYMPTOMS	CORONAVIRUS Symptoms range from mild to severe	COLD Gradual onset of symptoms
Fever ($\geq 37.8^{\circ}\text{C}$)	Common	Rare
Cough	Common (usually dry & continuous)	Mild
Shortness of breath	Sometimes	No
Headache	Sometimes	Rare
Sore throat	Sometimes	Common
Runny / stuffy nose	Rare	Common
Sneezing	No	Common
Aches & pains	Sometimes	Common
Fatigue	Sometimes	Sometimes
Diarrhoea	Rare	No

As you can see, sneezing is **not** a symptom of coronavirus and a sore throat is rarely a symptom. Coughs are common to both but mild coughs are related to colds whereas a continuous dry cough is a feature of coronavirus as is a temperature greater than 37.8 degrees.

We do not want to miss any opportunity to support and teach our children so please consider the above symptoms very carefully. Should you have any concerns or questions regarding attendance, please phone the school office or email enquiries@northfieldmanoracademy.org.uk

Yours Faithfully
 Mrs Pennington



