



07/09/20

**We've updated our guidance on what parents should do if their child is showing symptoms of COVID-19 or needs to self-isolate:**

**Under no circumstances should you send your child to school if they:**

- feel unwell, have any of the three identified COVID-19 symptoms (a new continuous cough, a high temperature, loss of taste or smell) or they have tested positive to COVID-19 in the past 14 days.
- live in a household with someone who has symptoms of COVID-19 or has tested positive to COVID-19 in the past 14 days.

**What are the symptoms?**

**Typical symptoms can include:**

- fever
  - shortness of breath
  - cough
  - loss of taste or smell
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- **If your child is exhibiting one or more of the above symptoms, he / she will need to stay home to isolate and arrange the Covid test as soon as possible. Siblings will also have to stay at home.**
  - **Your child will have to stay home for at least 10 days from the onset of symptoms or if the test is negative, they can return to school if he / she is well enough to do so safely.**
  - **If any family member exhibits one or more of the above symptoms, your child will need to stay home for 14 days or until the test result is negative.**
  - **There will be a 'Track and Trace' method in the school in the event of a Covid-19 outbreak.**
  - **If your child is exhibiting symptoms during the day, then we will contact you immediately and move your child to a designated room until someone comes to collect your child from school.**

**Other symptoms may include:**

- Runny nose
- headache
- sore throat
- generally feeling unwell.

The coronavirus can cause more severe symptoms in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer and chronic lung disease.

If your child becomes unwell or needs to self-isolate, please report this to by calling the school or by emailing [GethinElisThomas@gwynedd.llyw.cymru](mailto:GethinElisThomas@gwynedd.llyw.cymru).

For information on how to apply for a test for yourself or someone in your household with symptoms including children under 5s please visit the Welsh Government website <https://gov.wales/apply-coronavirus-test>.

If you or your child feels unwell and need medical advice, please telephone NHS 111 for advice or visit their website <https://111.wales.nhs.uk/default.aspx?locale=en> or telephone your GP.

Yours sincerely

Gethin E Thomas  
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