



BEESTON HALL SCHOOL

Dear Parents,

Cold season is well and truly upon us and we have had lots of questions about coughing. I hope to clarify things a bit.

Firstly, a reminder of the current advice from the NHS

The main symptoms of coronavirus are:

1. **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
2. **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
3. **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms.

In addition it has been reported that children can present with a headache and fatigue.

If you or your child have any of these symptoms please get a test and your family should isolate until you get the test result.

If the result is positive please isolate for 10 days, and the other members of the family should isolate for 14 days.

If the test is negative, and your child still has the 'continuous' cough which prompted you to get a test, please do not send them in to school until the cough has settled to a level not considered continuous (as above).

If the cough is productive and is accompanied by cold symptoms eg sneezing, runny nose, sore throat then this is unlikely to be COVID as the COVID cough is most commonly dry.

If your child has a HEAVY cold, with runny nose, sneezing and continuous coughing (as above) please keep them at home, until they feel better, to try and prevent spread.

If your child has asthma or allergy, you would be familiar with their 'usual' cough....if the cough is different from their usual and it is not accompanied by a tight chest and/or a wheeze then please isolate and test.

If your child has asthma and is requiring their reliever inhaler more than 3 times a day, please keep them at home. If their usual treatment isn't working you may need to consider a test.












Teaching staff should send any child with a continuous cough, which is disturbing the class, to me or matron for assessment. If at any point you are concerned about your child's health please ring 111.

I hope this answers many of your questions regarding coughs.

Please don't hesitate to email me on nurse@beestonhall.co.uk if you have any questions.

Alison Bailey (School Nurse)

The difference between Covid-19, cold and flu symptoms

Symptoms	Covid-19	Cold	Flu
	Symptoms mild to severe	Gradual onset	Rapid onset
 Fever 37.8C or above	Common	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Cough	Common (dry)	Common (mild)	Common (dry)
 Loss of taste/smell	Common	Sometimes	Sometimes
 Sneezing	No	Common	No
 Aches and pains	Sometimes	Common	Common
 Runny or stuffy nose	Rare	Common	Sometimes
 Sore throat	Sometimes	Common	Sometimes
 Diarrhoea	Rare	No	Sometimes (children)
 Headaches	Sometimes	Rare	Common
 Shortness of breath	Sometimes	No	No

Guardian graphic. Source: NHS, WHO, CDC