

Main symptoms of Covid-19

If your child is suffering from any of the four main symptoms.

• Persistent cough
• Temperature 37.8°C or above
• Unable to taste effectively
• Unable to smell effectively

Action required:

- A PCR test **must** be booked.
- A LFT test **cannot** be used for these symptoms.
- The school requires proof of a negative test before the child and siblings return to school. Send an email to prif@st-padarnsrcp.ceredigion.sch.uk or a text message to 07929 188 930.
- Siblings cannot attend school and the whole family must isolate. If you do not want your child to take a PCR test, the whole family must self-isolate for 10 days.

Wider symptoms

If your child is suffering from the wider symptoms:

• Flu-like symptoms, including myalgia (muscle ache or pain);
• excessive tiredness
• persistent headache
• runny nose or blocked nose
• persistent sneezing
• sore throat and/or hoarseness
• shortness of breath or wheezing

Action required:

- We advise you to seek a PCR test but this is not compulsory. Please book online or state on the phone that the Local Authority (LA) has requested this test. A LFT test **cannot** be used.
- If you choose not to test for the wider symptoms, then your child **must** be 48 hours symptom free before returning to school.
- Siblings can attend school and the household **does not** need to isolate.