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'Cough and cold' symptoms

Monday 7th September

Dear parents and carers,

I wanted to take the time to write to clarify the guidance and my thoughts around if and when your child has 'cold'-like symptoms. Over the next few weeks, this is of course quite likely :-/

'Seasonal colds' (and hayfever) can look and feel quite different (runny nose, dry or tickly cough, congestion headache, etc) and in some cases symptoms can be very similar to Coronavirus.

As I am sure you are already aware, key indicators can be:

- ✓ continuous cough
- ✓ high temperature
- ✓ loss of taste, smell

... with any of these, a test is recommended

*A number of families have contacted us over the last couple of school days asking for advice about whether to keep children at home - **please continue to do this**. It means that I can talk with you and we can best judge how to manage it together 😊*

WE DO NEED TO BE EXTRA VIGILANT. **As a general guide**, I am asking parents/ carers to keep children at home, if they are coughing and/ or sneezing regularly... young children can obviously find 'containing' this difficult to manage themselves.

Plenty of fluids to drink and 24 hours of rest (with early nights) is often enough to combat a cold, so for the most part, I would not expect your child to be absent for any longer than 2-3 days.

Very best of wishes,

Mr Clark & the TAIS Team

