



OLD PALACE PRIMARY SCHOOL

St Leonard's Street, Bow, London, E3 3BT • Tel: 020 8980 3020
● Email: admin@oldpalace.towerhamlets.sch.uk ● Website: www.oldpalaceprimary.co.uk



20th September 2023

Dear Parent/ Carers,

There has been an increase in Covid-19 cases as schools reopen following the summer. The symptoms for Covid-19 are:

- a high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to your sense of smell or taste
- shortness of breath
- feeling tired or exhausted
- an aching body
- a headache
- a sore throat
- a blocked or runny nose
- loss of appetite
- diarrhoea
- feeling sick or being sick

If you or your child have any of these symptoms, **stay at home and avoid contact with other people** until you feel better or no longer have a high temperature.

There is no longer a requirement to take a test if you suspect that you or your child has Covid-19, however if your household contains someone who may be more vulnerable due to their age or a medical condition, then this is something you will wish to consider. Tests can be purchased at most pharmacies.

Should your child test positive, they should stay at home and avoid contact with other people for 3 days after the day the test was taken.

Adults should try to avoid contact with other people for a period of 5 days. More information is available at <https://www.nhs.uk/conditions/covid-19/covid-19-symptoms-and-what-to-do/>

There are simple steps we can all take to help prevent the spread of Covid-19, flu and other viruses. Please remember to:

- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands before coming to school and as soon as you get home
- cover your mouth and nose with a tissue (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- keep indoor areas well ventilated.

Yours faithfully,

Headteacher



MUSIC MARK
SCHOOL

EXCELLENCE MARK
Training & Development



Headteacher: Mr G. Palmer BA (Hons)
Business Manager: Michele Walsham