



Oakfield School

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 @SchoolOakfield

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Dear Parent/Carer

The symptoms of COVID-19 and other respiratory infections are very similar. It is not possible to tell if you have COVID-19, flu or another respiratory infection based on symptoms alone. Most people with COVID-19 and other respiratory infections will have a relatively mild illness, especially if vaccinated.

What to do if you have symptoms of a respiratory infection, including COVID-19, and have not taken a COVID-19 test:

- If you have symptoms of a respiratory infection, such as COVID-19, and you have a high temperature or do not feel well enough to go to work or carry out normal activities, try to stay at home and avoid contact with other people, until you no longer have a high temperature (if you had one) or until you no longer feel unwell.
- It is essential to avoid close contact with anyone you know who is at higher risk of becoming seriously unwell if infected with COVID-19 and other respiratory infections, especially those whose immune system means that they are at higher risk of serious illness, despite vaccination.
- Try to work from home if you can.

What to do if you have tested positive:

You are no longer required to do a COVID-19 rapid lateral flow test if you have symptoms. However, if you have tested positive for COVID-19:

- try to stay at home and avoid contact with other people for 3 days after the day you take your test if you are under 18 years old
- try to stay at home and avoid contact with other people for 5 days after the day you took your test if you are 18 years old or over
- avoid meeting people who are more likely to get seriously ill from viruses, such as people with a weakened immune system, for 10 days after the day you took your test

Thank you for your continued support.

Yours faithfully

Mr L Thompson
Assistant Headteacher

Headteacher: Mrs R M Davies BHEd (Hons)

Oakfield School is a maintained Local Authority Residential Special School
Registered office: Oakfield School, Hopewell Road, Hull, HU9 4HD

