

What do I do if I feel unwell?

If feeling unwell in the morning, please do not attend school. Please report your absence through usual processes - Absentee Line.

If exhibiting symptoms of Covid-19, Public Health Wales and Public Health England guidance must be followed. The symptoms of coronavirus (COVID-19) are usually mild, but some people can become very unwell.

The main symptoms of coronavirus are:

- **high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **new, continuous cough** – this means coughing a lot for more than an hour, or three or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **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 one of these symptoms.

Any person exhibiting any of the symptoms above, must self-isolate for 10 days (following the 10 days, 48 hours after a high temperature has been recorded for the last time) or following a negative test result.

Every member of the household or anyone in the support bubble, must self-isolate for 14 days (the 14 days restart from the first day each person within a household first exhibits symptoms) or following negative test results.

What do I do if I start to feel unwell at school?

Students

- Student feeling unwell to make a member of staff aware immediately and move into the Zone Hub area, maintaining 2m social distance
- Member of staff to make Zone Link aware, who will contact Healthcare and the Site Team
- Healthcare (in full PPE) to support any unwell student to reduce all contact with any persons and make their way to Meeting Room 1 to self-isolate (Accessible Toilet becomes out of use and available for the person self-isolating to use)
- Healthcare to ensure contact is made with home for a prompt collection (Front Entrance)
- Zone Link to support classroom evacuation while Site Team perform enhanced cleaning protocol
- Any students exhibiting any one of the symptoms above must book a Covid-19 Test:
<https://gov.wales/apply-coronavirus-test>
<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>
- Any student with any one of the symptoms must self-isolate for 10 days (or after the 10 days for 48 hours after the temperature has reduced) or until a negative test result is received
- Please contact the Absentee Line with the student's absence
- Follow WG Guidance 'test, trace and protect'
- All members of a household, where one person exhibits any of the symptoms above, must self-isolate for 14 days (this restarts from the first day each person within a household first exhibits any one of the symptoms) or until a negative test result is received

Staff

- Make 'Staff Support' aware as soon as possible (phone where possible) – avoiding contact with all persons and make your way home
- 'Staff Support' to make Site Team aware to explore enhanced cleaning requirements
- Site Team to liaise with Zone Links to support student and staff movement, while Site Team carry out enhanced cleaning protocol
- Any member of staff with any one of the symptoms above must self-isolate for 10 days (or after the 10 days for 48 hours after the temperature has reduced) or until a negative test result is received
- All members of a household, where one person exhibits any of the symptoms above, must self-isolate for 14 days (this restarts from the first day each person within a household first exhibits any one of the symptoms) or until a negative test result is received

Please be aware that Public Health Wales advise that to support 'Test, Trace and Protect', tests are booked within the Monmouthshire test area – the closest Testing Centre is Rodney Parade, Newport.