



14th September 2020

Dear Parent/Carer,

After the first week we are aware that lots of the children (and staff!) have a cold. This is very usual as it is the first time children have come together in larger groups and it is also the season for colds. Lots of you have asked if your children can come into school with a runny nose. We are more than happy for children with cold symptoms to come in as long as they are feeling well in themselves. Below is some useful information to support your decisions.

How will I know if my child's symptoms are that of COVID-19, the flu or a cold?

The symptoms of COVID-19 mimic so many other typical childhood illnesses. However, the most common features (using evidence to date) in children are:

- a new cough
- a significant raised temperature.

We must, however, be vigilant to observe for other signs as there are a lot of other potential ways that the virus presents itself in children beside loss of taste or smell; it can be abdominal pain, headache, sore throat and difficulty breathing.

The table below shows symptoms typical of COVID-19 and those typical of a cold, flu, asthma and allergies:

Symptoms of COVID-19	Common Cold	Flu	Asthma	Seasonal Allergies
Fever or chills		X		
Cough	X	X	X	X
Sore throat	X	X		X
Shortness of breath or difficulty breathing			X	
Fatigue	X	X	X	X
Nausea or Vomiting		X		
Diarrhoea		X		
Congestion or Runny Nose	X	X		X
Muscle or body aches	X	X		



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Please remember to always contact the Nursery office, either by calling or e-mailing admin@heathlane.herts.sch.uk, if your child is unwell and not attending Nursery.

Kindest regards

Hayley Yendell
Headteacher