

BE CAUTIOUS, BE CAREFUL, BE KIND.

Covid-19 is still with us. Keep on protecting our communities.



WOKINGHAM
BOROUGH COUNCIL

#TestIsolateVaccinate

Dear Parents and Carers of Walter Infant School and Nursery,

I would like to share a message and some information with you from Wokingham Borough Council and from Walter Infant School and Nursery. Wokingham Borough Council are urging residents to “Be Cautious, Be Careful, Be Kind”. This is because COVID 19 is still very much with us and still infectious with different variants.

Some people, especially vulnerable people or people with underlying health conditions can, as you know become very poorly. So I would like to ask as a school community that we take up the COVID 19 strapline and try to be cautious, kind and careful.

- **BE CAUTIOUS;** REMEMBER YOU COULD BE INFECTED EVEN IF YOU HAVE NO SYMPTOMS SO CONTINUE TO WASH YOUR HANDS OFTEN AND WEAR A FACE MASK IF IT MAKES YOU FEEL MORE COMFORTABLE.
- **BE CAREFUL;** THINK ABOUT HOW TO KEEP YOURSELF AND YOUR LOVED ONES SAFE FROM COVID 19.
- **BE KIND;** NOBODY WANTS TO CATCH COVID 19 ~ LET’S TREAT EVERYONE WITH RESPECT AND TOLERANCE, EVEN IF THEIR VIEWS OUR DIFFERENT FROM OURS

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Please familiarise yourself with the following information: if you or a member of your household presents with one of the three classic symptoms or any of the cluster symptoms below, you may want to avoid risking infecting someone else and take a COVID 19 test. Please do not send your child to school if they are unwell; if they present with classic or cluster symptoms we will ask you to collect them and have them tested before they can return to school with a negative COVID result.

Let’s all work together to keep our school open and all our children learning.





Early on in the pandemic, the NHS promoted awareness of three main symptoms of COVID-19, sometimes referred to as the ‘classic triad’:

- Persistent cough
- High temperature (fever) 37.8C or greater
- Loss of smell (anosmia)

Now there are six clusters of symptoms of COVID 19 which are as follows:

1 (**‘flu-like’ with no fever**): Headache, loss of smell, muscle pains, cough, sore throat, chest pain, no fever.

2 (**‘flu-like’ with fever**): Headache, loss of smell, cough, sore throat, hoarseness, fever, loss of appetite.

3 (**gastrointestinal**): Headache, loss of smell, loss of appetite, diarrhoea, sore throat, chest pain, no cough.

4 (**severe level one, fatigue**): Headache, loss of smell, cough, fever, hoarseness, chest pain, fatigue.

5 (**severe level two, confusion**): Headache, loss of smell, loss of appetite, cough, fever, hoarseness, sore throat, chest pain, fatigue, confusion, muscle pain.

6 (**severe level three, abdominal and respiratory**): Headache, loss of smell, loss of appetite, cough, fever, hoarseness, sore throat, chest pain, fatigue, confusion, muscle pain, shortness of breath, diarrhea, abdominal pain.

For further information <https://www.wokingham.gov.uk/health/public-health-campaigns/staying-safe-during-covid/>



