

25/3/2022

Kia ora koutou

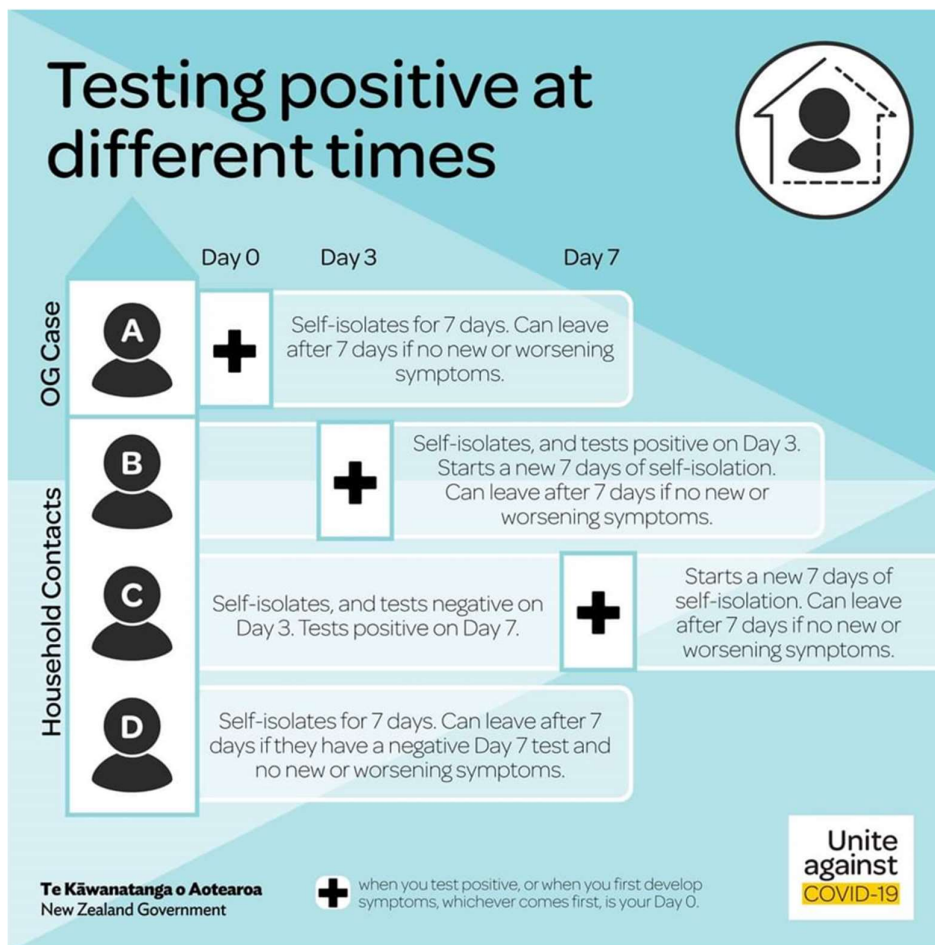
You will have heard that the number of positive COVID tests has increased in Canterbury this week, with Canterbury Schools having the highest percentage of positive results in the country.

This is reflected in the increase of confirmed cases here at Leeston School this week, with 31 notifications since last Saturday. While these are spread across the school, we are finding the majority of cases are in the junior school. We also have a number of children across the school isolating as household contacts. Today, we are starting to see a trend downwards so fingers crossed we have reached our peak, and that this trend continues into next week.

In the meantime, please continue to be very vigilant about monitoring your family for symptoms, and if any develop get tested immediately.

**If you or someone in your whānau tests positive for Covid 19**

- As soon as your child tests positive, even if they have been previously isolating as a household contact, please email [principal@leeston.school.nz](mailto:principal@leeston.school.nz) and let me know.
- When someone in your family receives a positive test result the rest of the household must isolate for seven days – see the chart below to help you identify isolating rules when family members test positive at different times.



## Returning to school after COVID-19

- Students who test positive for COVID-19 are not required to self-isolate past seven days, **but they shouldn't return to school if they are still feeling unwell.**
- Many children will have a long lasting runny nose and cough after viral infections. If it is over 10 days since the onset of the COVID infection and they are no longer feeling unwell, they are unlikely to be transmitting any active COVID infection and can return to school. However, if they are continuing to feel unwell or their symptoms are worsening after 10 days then GP review is recommended.

## What you need to do to keep infection rates low

- Wear a face mask when out and about.
- Wash hands often with soap for 20 seconds and dry your hands completely.
- Wash your hands if you have been in a public place or after blowing your nose, coughing or sneezing.
- Avoid touching your face, and cough or sneeze into your elbow or cover your mouth with tissues.

## Symptoms of COVID-19

- A new or worsening cough.

- Sneezing and runny nose.
- A fever.
- Temporary loss of smell or altered sense of taste.
- Sore throat.
- Shortness of breath.
- Less common symptoms include diarrhoea, headache, muscle aches, nausea, vomiting, malaise, chest pain, abdominal pain, joint pain, or confusion/irritability.

For more information, go to [the Unite Against COVID-19 website](#).

Kind regards,  
Lynda Taylor