

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 and arrange a PCR Covid Test. Current Self-isolation guidance can be found at [Self-isolation | GOV.WALES](#)

PCR Tests should only be arranged if you are symptomatic. If you have had a positive LFT, you should **[report the result](#)**, and follow current WG self-isolation guidance at [Self-isolation | GOV.WALES](#). You no longer need to book a follow-up PCR unless you are advised to do so.

School will liaise with MCC TTP Team to support the process.

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 as directed, maintaining 2m social distance
- Member of staff to make Pastoral Support Officer aware, who will follow the agreed process and contact the Site Team
- Pastoral Support Officer 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)
- Pastoral Support Officer to ensure contact is made with home for a prompt collection (Front Entrance)
- Pastoral Support Officer 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 PCR 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 follow the process above
- Please contact the Absentee Line with the student's absence
- Follow WG Guidance 'test, trace and protect'

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 Pastoral Support Officer to support student and staff movement, while Site Team carry out enhanced cleaning protocol

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 Cornwall House Car Park, Monmouth.