

## Essential Visitor Protocols (Covid-19) 4<sup>th</sup> January 2021

### A. Essential visitors MUST NOT attend school sites if they have had a positive Covid-19 test within the last 3 weeks or if they feel unwell or are showing any of the following symptoms:

#### 1. **Fever/high temperature**

What is a fever?

- A fever is a higher than normal body temperature. It is the body's way of helping to fight off an infection and may indicate that a person is sick. If a person has a fever they may feel warm, cold or shivery.
- In adults, a fever is considered to be a temperature of 38C or above
- The normal body temperature can vary depending upon what an individual is doing before having their temperature taken. Any physical activity, such as running around in the playground, will increase the body temperature.

#### 2. **New continuous cough**

What is a new continuous cough?

A new continuous cough is where a person:

- Has a new cough that's lasted for an hour
- Has had 3 or more episodes of coughing in 24 hours
- Is coughing more than usual

#### 3. **A loss of, or change in, your normal sense of taste or smell (anosmia)**

A loss of, or change to, taste and smell can be:

- For a short period (e.g. an hour or two)
- For an extended period

#### 4. **Otherwise feeling unwell**

If feeling at all unwell, other than the symptoms listed above, visitors **MUST NOT visit** Our Lady of Lourdes Catholic Multi Academy Trust Schools. If a visit has already been arranged, then they should contact the school to cancel as soon as possible.

### B. Face Coverings

It essential that visitors wear a face covering when in the vicinity of school children or school staff.

- Visitors must wear a face covering **AT ALL TIMES**.
- Visitors should provide their own face coverings which should **FULLY COVER** the mouth and nose.
- We are aware that some people are exempt from having to wear a face covering on health grounds. Unfortunately, these people are **NOT** able to visit schools at the present time.

### C. Avoid Close Contact

**ALL** Close contact should be avoided at **ALL** times. There are 3 types of close contact:

- Direct close contact - face to face contact with an infected individual for any length of time, within 1 metre, including being coughed on, a face to face conversation, or unprotected physical contact (skin-to-skin)
- Proximity contacts - extended close contact (within 1 to 2 metres for more than 15 minutes) with an infected individual
- Travelling in a small vehicle, like a car, with an infected person

### D. Effective handwashing

Effective handwashing is a key control measure. All visitors should wash and sanitise their hands regularly. This can be done with soap and running water or hand sanitiser particularly:

- Before leaving home
- After using school or public transport
- Before and after eating
- After visiting the toilet