

From: Marije Neuman (Safety and Security Officer)  
To: Parents and Staff  
Date: 22 September 2020  
Subject: Rules Corona children and parents  
Version: 2.0

The European School Bergen follows the advice and guidelines of the RIVM. With respect to version 1 (sent 28 August 2020) adjustments have been made in the text for primary children and in the part what if a COVID-19 test is positive.

### **What are the Covid-19 symptoms?**

*Symptoms of Covid-19 include:*

- *Cold-like symptoms*
  - *A stuffy nose*
  - *A runny nose*
  - *Sneezing*
  - *A sore throat*
- *A cough*
- *Fever (above 38 degrees)*
- *Or sudden loss of smell or taste*

### **My child is in the Secondary, what do I do if I, my child or anyone else in your family has any of these symptoms?**

- Your child stays at home with mild cold-like symptoms, such as a sore throat, a runny nose, sneezing, a cough or a fever below 38 degrees Celsius.
- Your child and the rest of the family stays at home when anyone in the family has a fever above 38 degrees or shortness of breath. If this person feels better and doesn't have symptoms for 24 hours, your child can go back to school.
- If your child is tested and the test is negative (no Corona virus detected): when fit and no symptoms other than when the test was carried out, your child can return to school.
- If someone in the family or you live with has been diagnosed with Covid-19, the other family members need to go into quarantine for 10 days after the last unprotected contact with the Covid-19 diagnosed family member. After 10 days, if no one else has symptoms, your child can go back to school.

### **My child in the Nursery or Primary, what do I do if I, my child or anyone else in your family has any of these symptoms?**

- Children in the Nursery or Primary can come to school if they have cold-like symptoms. But children should stay at home if they have any of the other Covid-19 symptoms.
- This does not apply if the child has been in contact with someone who has coronavirus, then your child stays at home until it doesn't have symptoms for 24 hours.
- Your child and the rest of the family stays at home when anyone in the family has a fever above 38 degrees or shortness of breath. If this person feels better and doesn't have symptoms for 24 hours, your child can go back to school.
- If your child is tested and the test is negative (no Corona virus detected): when fit and no symptoms other than when the test was carried out, your child can return to school.

- If someone in the family or you live with has been diagnosed with Covid-19, the other family members need to go into quarantine for 10 days after the last unprotected contact with the Covid-19 diagnosed family member. After 10 days, if no one else has symptoms, your child can go back to school.

#### **What if my child shows symptoms of Covid-19 at school?**

- Pupils who Covid-19 symptoms visit the school nurse. We have the following procedure in place:
  - The class teacher calls the nurse; the nurse will pick up the child from class.
  - The nurse assesses the child on the symptoms of Covid-19.
  - The nurse evaluates whether the child needs to be sent home and contacts parents / guardians in that case.
  - The nurse informs the class teacher and deputy that the child is going to be picked up by the parents / guardian.
  - Parents who come to school report to security at the main gate (head entrance) – security will call the nurse that the parent / guardian is present.
  - The child will wait for pick-up in a seating section just outside nurses station.
  - The nurse will accompany the child to the main gate when the parent / guardian has arrived.

#### **What if a teacher or a member of staff shows symptoms of Covid-19?**

- The teacher stays at home when he/she has mild cold-like symptoms, such as a sore throat, a runny nose, sneezing, a cough or a fever above 38 degrees.
- The teacher stays at home when he / she or anyone in the family has a fever above 38 degrees or shortness of breath. If this person feels better and doesn't have symptoms for 24 hours, the teacher can return to their teaching or other duties.
- If the teacher shows symptoms he / she contacts the GGD for a Covid-19 test.
- While waiting for test result the teacher stay at home.
- The whole the family stays at home when anyone in the family has a fever above 38 degrees or shortness of breath.
- If the test is negative (no Corona virus detected): when fit for duty and no symptoms other than when the test was carried out, the teacher can return to their teaching or other duties. No quarantine for family members needed.
- If the test is positive (corona virus detected): the teacher need to stay in quarantine for 7 days and until the symptoms are absent for at least 24 hours. Family will be in quarantine for 10 days if no symptoms occur.
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#### **How can I make an appointment for a Covid-19 test?**

- If you have (mild) symptoms of COVID-19, make an appointment to get tested. Call the toll-free number 0800 1202 or make an appointment online using your DigiD (choose 'English' at the bottom of the page). Be sure to have your citizen service number (BSN) at hand.
- If the test is positive (corona virus detected): Your need to stay in quarantine for 7 days and until the symptoms are absent for at least 24 hours. Family will be in quarantine for 10 days if no symptoms occur.

If you have more questions, please contact the Safety and Security Officer  
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