

# news

**Kahurangi**  
SCHOOL

## Kia ora Kahurangi whānau

This update is to advise you that we now have confirmed Covid-19 cases spread across our school. Ten of our 12 classes have at least one case. I can tell you that this number isn't growing at an alarming rate. Currently we have 22 students and two staff with Covid-19 but approximately a third of this number we believe have contracted it while isolating at home with family members who have Covid. These students, staff and whānau remain in our thoughts and we are hoping for a full recovery for you all.

Our feeling is that the spread has been kept to a minimum and the health measures that we have in place are reducing the risk of your child contracting Covid at school. I promise to you that we will keep doing all of these things!

You also need to

- Keep being very vigilant about monitoring for symptoms.
- Get tested immediately if any symptoms develop.
- Then, stay at home until you receive a negative result, AND until you or your child is symptom free for at least 48 hours.
- Wear a face mask when out and about.
- If you and your whānau haven't been vaccinated or boosted, please do so as soon as possible. You can [book on-line](#) or call 0800 28 29 26. It's free.

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 diarrhea, headache, muscle aches, nausea, vomiting, malaise, chest pain, abdominal pain, joint pain, or confusion/irritability.

**Over the page** is another useful flowchart of how to work out when Covid-19 cases and contacts end their isolation.

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

Whānau if you are struggling for any reason or you know of someone who is, please let us know. If we can't help we will try to put you in contact with someone or a service that can.

I wish you all well, and hope you have a nice weekend, whether you are at home recovering, isolating or following your usual routine.

Ngā manaakitanga,  
Kyran Smith | Principal

# How to work out your 10 days of self-isolation



*start over if you test positive*

Find out what you need to do if:	you are positive for COVID-19	you are a Household Contact (living with a positive case)*
<b>Day 0</b>	The day you test positive or start experiencing symptoms, whichever is earliest.	Your Day 0 is the same Day 0 as the first positive case in your household.
<b>Day 3</b>	-	Get a Day 3 test today, or sooner if symptoms develop. If it's positive, start a new 10 days of self-isolation.
<b>Day 10</b>	-	Get a Day 10 test today, or sooner if symptoms develop. If it's positive, start a new 10 days of self-isolation.
<b>Day 11</b>	After 10 days, as long as you are free of COVID-19 symptoms, you will be free to leave self-isolation.	After 10 days, as long as you have a negative Day 10 test result and no COVID-19 symptoms, you will be free to leave self-isolation.

**Te Kāwanatanga o Aotearoa**  
New Zealand Government

