



## **Alison Smith Counselling - Covid 19 Policy – For Children and Young People, and vulnerable adults**

**Also includes Norovirus policy and guidelines**

**September 2025**

*(This policy is reviewed and updated on an ongoing basis)*

Alison Smith Counselling is committed to ensuring the safety and wellbeing of all my clients as well other staff and learners onsite at Wick Yard. I am constantly reviewing my practice and procedures in accordance with the latest guidelines around COVID and take all necessary precautions to prevent the spread of the illness. This is balanced with my commitment to ensuring that children and young people still have access to my counselling service. On occasions, this can involve a move to an online session where deemed appropriate for the client and in the best interests of all involved.

My policy around COVID is evolving and formed by the latest guidance and advice from key web sites such as the **NHS, the World Health Organisation and the Government** (links at foot of policy).

### **Children and young people (aged 18 years and under) who have symptoms of a respiratory infection, including COVID-19**

Respiratory infections are common in children and young people, particularly during the winter months. Symptoms can be caused by several respiratory infections including the common cold, COVID-19 and RSV.

For most children and young people, these illnesses will not be serious, and they will soon recover following rest and plenty of fluids.

Very few children and young people with respiratory infections become seriously unwell. This is also true for children and young people with long-term conditions. Some children under 2, especially those born prematurely or with a heart condition, can be more seriously unwell from RSV

Attending education is hugely important for children and young people's health and their future.



### **When children and young people with symptoms should stay at home and when they can return to education**

Children and young people with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to attend their education setting and sessions.

Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people, where they can. They can go back to school, college or childcare, and resume normal activities when they no longer have a high temperature and they are well enough to attend.

All children and young people with respiratory symptoms should be encouraged to cover their mouth and nose with a disposable tissue when coughing and/or sneezing and to wash their hands after using or disposing of tissues.

It can be difficult to know when to seek help if your child is unwell. If you are worried about your child, especially if they are aged under 2 years old, then you should seek medical help.

### **Children and young people aged 18 years and under who have a positive test result**

It is not recommended that children and young people are tested for COVID-19 unless directed to by a health professional.

**If a child or young person has a positive COVID-19 test result they should try to stay at home and avoid contact with other people for 3 days after the day they took the test, if they can.** After 3 days, if they feel well and do not have a high temperature, the risk of passing the infection on to others is much lower. This is because children and young people tend to be infectious to other people for less time than adults.

Children and young people who usually go to school, college or childcare and who live with someone who has a positive COVID-19 test result should continue to attend as normal.

### **In the event that I test positive for COVID 19**

In the event that I test positive for COVID 19, I will follow the latest NHS guidance which is to try to stay at home and avoid contact with other people for 5 days after the day you took your test if you are 18 years old or over. I work with some individuals who are deemed vulnerable and it will be my intention to avoid meeting people who are more likely to get seriously ill from viruses, such as people with a weakened immune system, for 10 days after the day I took my test, as per the latest NHS advice.



If I test positive, I will inform my clients at the earliest possible opportunity and, after my period of isolation, allow them choice in attending a session, arranging an online or telephone session, or cancelling a session.

### **Norovirus Policy**

What is Norovirus? Norovirus is highly contagious, and is particularly prevalent in schools and nurseries as the virus can survive for several days on surfaces or objects. It can, however, affect people of all ages and cause vomiting and diarrhoea. There is no cure for Norovirus, so it has to be left to run its course. The symptoms are unpleasant and can initially be quite distressing, but they shouldn't last more than a couple of days. Adults and children with Norovirus symptoms should avoid visiting GP surgeries or hospitals to prevent the further spread of Norovirus.

**Because the virus is highly contagious, children who have Norovirus symptoms must remain off sessions for 48 hours after the last episode of vomiting or diarrhoea to stop the spread of infection with other children or staff.**

### **Precautions taken by Alison Smith Counselling to minimise risk of spread of COVID 19 and potential Norovirus infections include:**

- Spraying all toys/items after use by clients
- Offering hand sanitiser for clients
- Encouraging clients to cover their mouths when coughing and sneezing and offering tissues – which are then disposed of after each use
- Sanitising my hands regularly
- Opening window if a client has any symptoms
- Keeping a two metre distance between myself and the client if they/I have mild respiratory symptoms or taking the session outside

### **I ask that you do not attend a session if you have:**

- A high temperature (above 38)
- Significant respiratory symptoms
- Had sickness or diarrhoea in the last 48 hours

**In these instances, we will discuss if an online session is appropriate as an alternative.**

**Session cancellations due to COVID or Norovirus will not be reimbursed**



*More advice and guidance around COVID 19 and Norovirus can be found at:*

[Coronavirus \(COVID-19\): guidance and support - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/coronavirus-covid-19-guidance-and-support)

[Coronavirus \(COVID-19\) - NHS \(www.nhs.uk\)](https://www.nhs.uk/coronavirus/coronavirus-covid-19)

[norovirus schools guide](#)

**Policy produced September 2023. To be reviewed regularly – as and when advice is changed or updated.**