Quick guide for parents and carers about actions during COVID-19 restrictions

NHS listed symptoms are at least one of:

- **high temperature**
- **new continuous cough**
- **loss of or change to your sense of smell or taste**

Tests can be booked online: https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/

What should I do if…	Action needed	Return to school…
My child has COVID-19 (coronavirus) symptoms	• Child shouldn't attend school • Child should get a test as soon as possible • Whole household should self-isolate while waiting for test result • Inform school immediately about results 01943 462349 in school hours/ text 07891 279271 out of hours including child's name	**when child's test comes back negative and they are symptom-free for 48 hours**
My child tests positive for COVID-19	• Child shouldn't attend school • Child self-isolates for at least 10 days from when symptoms started (or from day of test if no symptoms) • Inform school immediately about results 01943 462349 in school hours/ text 07891 279271 out of hours including child's name • Whole household self-isolates for 10 days from day when child's symptoms started (or from day of test if no symptoms) *even if someone else tests negative within the 10 days*	**When child feels better, and has been without a fever for at least 48 hours** They can return to school after 10 days even if they have a cough or loss of smell/ taste. These symptoms can last for several weeks once the infection is gone.
Somebody in my household has COVID-19 symptoms	• Child shouldn't attend school • Household member with symptoms should get a test • Whole household should self-isolate while waiting for test result • Inform school immediately about results 01943 462349 in school hours/ text 07891 279271 out of hours including child's name	**When the household member's test is negative, and child does not have COVID-19 symptoms**
Somebody in my household tests positive for COVID-19 (coronavirus)	• Child shouldn't attend school • Whole household self-isolates for 10 days from day when the tested person's symptoms started (or from day of test if no symptoms) *even if someone else tests negative within the 10 days*	**When child has completed 10 days of self-isolation, even if they test negative during the 10 days**

What should I do if…	Action needed	Return to school…
NHS Test & Trace has identified my child as a 'close contact' of somebody with symptoms or confirmed COVID-19	• Child shouldn't attend school • Child self-isolates for 10 days (as advised by NHS Test & Trace)- even if they test negative during those 10 days • Rest of household does not need to self-isolate, unless they are a 'close contact' too	**When child has completed 10 days of self-isolation, even if they test negative during the 10 days**
We have/ my child has travelled and has to self-isolate as part of a period of quarantine	• Holidays should not be booked in term time • Child shouldn't attend school • Whole household self-isolates for 10 days *even if someone else tests negative within the 10 days*	**When child has completed 10 days of self-isolation, even if they test negative during the 10 days**
We have received advice from a medical/ official source that my child must resume shielding	• Child shouldn't attend school • Contact school as advised • Child should shield until you are informed that restrictions are lifted and shielding is paused again	**When school/ other agencies inform you that restrictions have been lifted and your child can return to school again**
I am not sure who should get a test for COVID-19	• Only people with symptoms should get a test • People without symptoms are not advised to get a test, even if they are a 'close contact' of someone who tests positive	**Not applicable**

Calculating the end of your self-isolation period:

If you or a member of your household test positive for COVID-19		**If you are a close contact of a positive case**	
Symptoms begin prior to a positive test- begin to self-isolate	Test taken (if asymptomatic) - begin to self-isolate	Last contact with the positive case- begin to self-isolate as soon as you are notified	Day 1
Self-isolate	Self-isolate	Self-isolate as soon as you are notified	Day 2
Self-isolate	Self-isolate	Self-isolate as soon as you are notified	Day 3
Self-isolate	Self-isolate	Self-isolate as soon as you are notified	Day 4
Self-isolate	Self-isolate	Self-isolate as soon as you are notified	Day 5
Self-isolate	Self-isolate	Self-isolate as soon as you are notified	Day 6
Self-isolate	Self-isolate	Self-isolate as soon as you are notified	Day 7
Self-isolate	Self-isolate	Self-isolate as soon as you are notified	Day 8
Self-isolate	Self-isolate	Self-isolate as soon as you are notified	Day 9
Self-isolate	Self-isolate	Self-isolate as soon as you are notified	Day 10
Resume normal activities	**Resume normal activities**	**Resume normal activities**	**Day 11**