



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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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 14 days from day when child's symptoms started (or from day of test if no symptoms) <i>even if someone else tests negative within the 14 days</i> 	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	<ul style="list-style-type: none"> • 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)	<ul style="list-style-type: none"> • Child shouldn't attend school • Whole household self-isolates for 14 days from day when the tested person's symptoms started (or from day of test if no symptoms) <i>even if someone else tests negative within the 14 days</i> 	When child has completed 14 days of self-isolation, even if they test negative during the 14 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	<ul style="list-style-type: none"> • Child shouldn't attend school • Child self-isolates for 14 days (as advised by NHS Test & Trace)- even if they test negative during those 14 days • Rest of household does not need to self-isolate, unless they are a 'close contact' too 	When child has completed 14 days of self-isolation, even if they test negative during the 14 days
We have/ my child has travelled and has to self-isolate as part of a period of quarantine	<ul style="list-style-type: none"> • Holidays should not be booked in term time • Child shouldn't attend school • Whole household self-isolates for 14 days <i>even if someone else tests negative within the 14 days</i> 	When child has completed 14 days of self-isolation, even if they test negative during the 14 days
We have received advice from a medical/ official source that my child must resume shielding	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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