



COVID-19 (Coronavirus)

October 2020

A quick guide for parents/carers

What to do if...	Action needed	Back to school...
<p>...my child has COVID-19 (coronavirus) symptoms*</p> 	<ul style="list-style-type: none">▪ Child should not attend school▪ Child should get a test▪ Whole household self-isolates while waiting for test results▪ Inform school of the situation immediately (if they are not already aware), and let them know the results of any test	<p>...if your child's test comes back negative, and they are well enough to return to school. Your child should not be tested again unless they develop new symptoms*</p> <p>If the test result is inconclusive, or if no test is taken, then your child must be assumed to be COVID positive (see below).</p>
<p>...my child tests positive for COVID-19 (coronavirus)</p> 	<ul style="list-style-type: none">▪ Child should not 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 test results▪ Rest of household self-isolates for 14 days from the day symptoms* started (or from day of test if no symptoms)▪ Other household members should not get tested unless they develop symptoms because even if they tested negative, they must still isolate for 14 days	<p>...after 10 days has passed so long as your child is feeling better and has been without a fever for at least 48 hours.</p> <p>They can return to school after 10 days even if they still have a cough or loss of smell/taste. These symptoms can last for several weeks once the infection is gone.</p>
<p>...somebody in my household has COVID-19 (coronavirus) symptoms*</p> 	<ul style="list-style-type: none">▪ Child should not attend school▪ Household member with symptoms should get a test▪ Whole household self-isolates while waiting for test result▪ Inform school of the situation immediately (if they are not already aware), and let them know the results of any test	<p>...if the household member test is negative, and your child does not have COVID-19 symptoms*.</p>

<p>...somebody in my household has tested positive for COVID-19 (coronavirus)</p> 	<ul style="list-style-type: none"> ▪ Child should not attend school ▪ Whole household self-isolates for 14 days from the day symptoms* started (or from day of test if no symptoms) - even if someone tests negative during those 14 days ▪ No need for your child to get tested unless they develop symptoms 	<p>...when your child has completed 14 days of self-isolation, even if they test negative during the 14 days.</p>
<p>...NHS Test and Trace has identified my child as a 'close contact' of a confirmed COVID-19 (coronavirus) case</p> 	<ul style="list-style-type: none"> ▪ Child should not attend school ▪ Child self-isolates for 14 days (as advised by NHS Test and 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 	<p>...when your child has completed 14 days of self-isolation, even if they test negative during the 14 days.</p>
<p>...My child has travelled and has to self-isolate as part of a period of quarantine</p> 	<ul style="list-style-type: none"> ▪ Do not take unauthorised leave in term time ▪ Consider quarantine requirements and FCO advice when booking travel ▪ Provide information to school as per attendance policy <p>Returning from a destination where quarantine is needed:</p> <ul style="list-style-type: none"> ▪ Child should not attend school ▪ Anyone who has travelled to a non-exempt destination self-isolates for 14 days – <i>even if they test negative during those 14 days</i> 	<p>...when the quarantine period of 14 days has been completed for your child, even if they test negative during those 14 days.</p>

<p>...We have received advice from a medical/official source that my child must resume shielding</p> 	<ul style="list-style-type: none"> ▪ Child should not attend school ▪ Contact school to inform them of this advice ▪ Child should shield until you are informed that their restrictions are lifted, and shielding is paused again 	<p>...when school/other official agencies inform you that restrictions have been lifted and your child can return to school again.</p>
<p>...I am not sure who should get a test for COVID-19 (coronavirus)</p> 	<ul style="list-style-type: none"> ▪ Only people with symptoms* need to get a test ▪ People without symptoms are not advised to get a test, even if they are a 'close contact' of someone who tested positive 	<p>...when conditions above as matching your situation, are met.</p>

*Symptoms include a high temperature, a new continuous cough and loss or change to your sense of smell or taste. See more at [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

Please follow national guidance at all times, including the Rule of Six. Visit [gov.uk/coronavirus](https://www.gov.uk/coronavirus) for the most up to date information.

Download the NHS COVID-19 app which has features to help protect you and your loved ones, including:

- Alerts based on your postcode district
- QR check-in at venues
- Symptom checker
- Test booking

For more information visit: [covid19.nhs.uk](https://www.covid19.nhs.uk)

