Coronavirus-related absence quick reference guide –

Current as of 07/09/20

Below you will find a table that you can use as a quick guide should your child or anyone in the household develop symptoms or a confirmed case of coronavirus.

If you are still unsure what to do, please contact school before bringing your child(ren) into school.

What to do if…	Action needed	Return to school when…
My child has a cold	**See the link overpage. Check their temperature. Check to see if they present with any of the 3 main symptoms of Coronavirus.**	Children can come to school. If they feel too unwell or present with any new symptoms (COVID), then they need to stay at home.
My child has Coronavirus symptoms	**Do not come to school** **Contact school daily** Self-isolate Get a test Inform school of the test result immediately	The test comes back negative and your child does not have coronavirus symptoms anymore. If they still have coronavirus symptoms, stay at home until they feel better.
My child tested positive for Coronavirus	**Do not come to school** **Contact school daily** Self-isolate for at least 10 days	Your child has self-isolated for 10 days and feel better (no longer have a high temperature, a runny nose or sneezing, feeling or being sick, diarrhoea) They can return to school after 10 days even if you have a cough or loss of smell/taste. These symptoms can last for several weeks once the infection is gone.
Somebody in our household has Coronavirus symptoms	**Do not come to school** **Contact school daily** Self-isolate Household member to get a test Inform school of the test result immediately	The household members test is negative and nobody else has developed symptoms. If everyone in the household is tested. All results must come back negative before your child can return to school.
Somebody in our household has tested positive for Coronavirus	**Do not come to school** **Contact school daily** Self-isolate for 14-days	Your child has completed the 14-day self-isolation, feels well and hasn't developed Coronavirus symptoms. If they, or anyone else in the house develops symptoms, continue to self-isolate for a further 14 days (from when the symptoms started) and book a test.

NHS Test & Trace has identified my child as a 'close contact' of somebody with symptoms or confirmed Coronavirus	**Do not come to school** **Contact school daily** Self-isolate for 14-days	They have completed the 14-day self-isolation and feel well and hasn't developed Coronavirus symptoms. If they, or anyone else in the house develops symptoms, continue to self-isolate for a further 14 days (from when the symptoms started) and book a test.
We have travelled and my child has to self-isolate as part of a quarantine period.	**Do not come to school** **Contact school daily** Self-isolate for 14-days	The quarantine period of 14-days has been completed and they feel well and haven't developed Covid symptoms.
I have received medical advice that my child or someone in my household must resume shielding.	**Do not come to school** **Contact school.** Shield until you are informed that restrictions have been lifted and shielding is paused again.	Shielding restrictions lifted.

Please use this link to go to the NHS 'How long to self-isolate' guidance for more information:

https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-long-to-self-isolate/

SYMPTOMS of Coronavirus

The main symptoms of coronavirus are:

- **a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)**
- **a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)**
- **a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal**

Most people with coronavirus have at least 1 of these symptoms.

LINK

If you are unsure, you can call 111 or visit 111.NHS.uk

Does my child have a cold? https://www.nhs.uk/conditions/common-cold/

Does my child have Coronavirus? https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/coronavirus-in-children/