

COVID-19 related absence from school or childcare: a guide for parents and carers

The main symptoms of coronavirus (COVID-19) 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 COVID-19 have at least 1 of these symptoms.

If your child has any of the main symptoms of COVID-19:

- **Keep your child at home.**
- **Arrange a test online (search NHS COVID-19 testing) or by calling 119 as soon as possible.**
- **Anyone your child lives with, and anyone in your support bubble, must also stay at home. When you get your test result you will be advised what to do next.**

If you or your child are worried about COVID-19, speak to your health visitor or school nurse

Health Visiting Team: 030 0304 5076

School Nursing Team: 030 3330 9974

What to do if...	Action needed	Return to school when...
<p>...my child has one or more of the main COVID-19 symptoms</p>	<ul style="list-style-type: none"> • Do not come to school/setting • Contact school/setting to inform us • Self-isolate the whole household including siblings • Arrange a PCR test for anyone in the household <u>with symptoms</u> • Inform school/setting about test result 	<p>...the test comes back negative. If the test comes back positive, see advice below</p> <p>If you are unable to get a test for your child within 5 days of them developing symptoms, or you choose not to arrange a test, you must follow the advice below</p>
<p>...my child has a runny nose, sore throat, headache, sickness or diarrhoea but doesn't have any of the main COVID-19 symptoms</p>	<ul style="list-style-type: none"> • Contact school or setting to inform us if your child won't be attending • Ring on each day of illness 	<p>... they feel well enough to do so, and after 48 hours following the last bout of sickness or diarrhoea</p>
<p>...my child tests positive for COVID-19</p>	<ul style="list-style-type: none"> • Do not come to school/setting • Contact school/setting to inform us • Self-isolate the whole household including siblings • For anyone with symptoms: this is for at least 10 days from when they started with symptoms • For anyone who doesn't develop symptoms: this is for at least 10 days from when the first person started with symptoms 	<p>...10 days have passed since symptoms began, and the child feels well and does not have a temperature. The child can return even if they still have a cough or loss/change to their sense of taste or smell as these symptoms can last for several weeks</p> <p>Remember, others in your household may still be self-isolating</p>

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... I am unable to get a test for my child within 5 days of them developing symptoms of COVID-19, or I choose not to arrange a test	<ul style="list-style-type: none"> Do not come to school/setting Contact school/setting to inform us Self-isolate the whole household including siblings For anyone with symptoms: this is for at least 10 days from when they started with symptoms For anyone who doesn't develop symptoms: this is for at least 10 days from when the first person started with symptoms 	<p>...10 days have passed since the symptoms began, and the child feels well and does not have a temperature. The child can return even if they still have a cough or loss/change to their sense of taste or smell as these symptoms can last for several weeks</p> <p>Remember, others in your household may still be self-isolating</p> <p>If the child is a contact of a confirmed case, they must continue to self-isolate for the full 10 days</p>
...my child tests negative for COVID-19	<ul style="list-style-type: none"> Contact school/setting to inform us Discuss with us when your child can come back 	<p>...they feel well enough to do so, unless:</p> <ul style="list-style-type: none"> Anyone else in the household has tested positive for COVID-19 in the last 10 days Anyone else in the household has symptoms and hasn't received a negative test result They are a contact of a confirmed case They have returned from abroad and are required to quarantine (as per current Government advice)
...someone in my household (other than my child) has COVID-19 symptoms	<ul style="list-style-type: none"> Do not come to school/setting Contact school/setting to inform us Self-isolate the whole household Arrange a test for anyone in the household <u>with symptoms</u> Inform school/setting about test result 	<p>...the person's test comes back negative or if no test taken, 10 days have passed since the person started with symptoms</p>
...someone in my household (other than my child) tests positive for COVID-19	<ul style="list-style-type: none"> Do not come to school/setting Contact school/setting to inform us Self-isolate the whole household For anyone with symptoms: this is for at least 10 days from when they started with symptoms For anyone who doesn't develop symptoms: this is at least 10 days from when the first person started with symptoms 	<p>... 10 days have passed since the person developed symptoms (or since the date of their test if they did not have symptoms)</p> <p>If your child develops symptoms during this time, you should arrange a PCR test. If they test positive or are not tested, they must stay at home for 10 days from when they started with symptoms</p>

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... I am unable to get a test for someone in my household (other than my child) within 5 days of them developing COVID-19 symptoms	<ul style="list-style-type: none"> Do not come to school/setting Contact school/setting to inform us Self-isolate the whole household including siblings For anyone with symptoms: this is for at least 10 days from when they started with symptoms For anyone who doesn't develop symptoms: this is for at least 10 days from when the first person started with symptoms 	<p>... 10 days have passed since the person developed symptoms</p> <p>If your child develops symptoms during this time, you should arrange a PCR test. If they test positive or are not tested they must stay at home for 10 days from when they started with symptoms</p>
...Someone in my household had a test for COVID-19 but the result was inconclusive	<ul style="list-style-type: none"> Continue to self-isolate the whole household Arrange a retest if possible within 5 days from the person starting with symptoms. If you are unable to arrange a re-test, follow advice above for "I am unable to get a test" 	<p>... 10 days have passed since the person developed symptoms, if unable to get a retest</p> <p>...if able to get a retest, see advice boxes on what to do if someone tests positive or negative for COVID-19</p>
... my child has been identified as a contact of a confirmed COVID-19 case	<ul style="list-style-type: none"> Do not come to school/setting Contact school/setting to inform us If the contact was within school/setting, you will receive a notification letter from us Do not arrange a test unless your child develops symptoms Siblings can continue to attend 	<p>... 10 days have passed since the person developed symptoms (or since the date of their test if they did not have symptoms)</p> <p>If your child develops symptoms during this time, you should arrange a PCR test. If they test positive or are not tested, they must stay at home for 10 days from when they started with symptoms</p>
... someone else in my household has been identified as a contact of a confirmed COVID-19 case	<ul style="list-style-type: none"> The household member must self-isolate for 10 days The person should not arrange a test unless they develop symptoms Child can continue to attend school 	<p>... child can continue to attend</p>
... I've heard that someone at school has tested positive for COVID-19	<ul style="list-style-type: none"> If your child is identified as a contact, you will be notified and advised what happens next 	<p>... child can continue to attend</p>

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<p>... My child has travelled abroad</p>	<ul style="list-style-type: none"> • If your child is required to quarantine (as per current Government advice), contact school/setting to inform us • If your child is not required to quarantine, they can return to school/setting • You should not arrange a test for COVID-19 unless your child develops symptoms 	<p>... your child has completed quarantine, if required</p>
<p>... I have received medical advice that my child must shield</p>	<ul style="list-style-type: none"> • Do not come to school/setting • Contact school/setting to inform us 	<p>...you are informed that restrictions are lifted, and shielding is paused again</p>
<p>... someone in my household has symptoms of COVID-19 but a lateral flow test (LFT) they use for work is negative</p>	<ul style="list-style-type: none"> • You must arrange PCR testing in the usual way. LFT should not be used to rule out COVID-19 in someone who has symptoms or who has been in contact with a positive case 	<p>... the PCR test comes back negative or 10 days have passed since the person started with symptoms</p>