

COVID-19 absence: A Quick guide for parents/carers

*Symptoms include at least one of a high temperature; a new continuous cough; a loss or change to your sense of smell or taste. Child may have secondary symptoms such as a sore throat, an upset stomach, stomach ache, a rash etc. If these are present alongside the primary symptoms listed above, the child should be treated as COVID-19 symptomatic		
...I am not sure who should get a test for COVID-19 (coronavirus)	<ul style="list-style-type: none"> ★ Only people with symptoms need to get a test ★ People without symptoms should not try to get a test, even if they are a 'close contact' of someone who tests positive 	
What to do if....	Action needed	Back to school....
...my child has COVID-19 (coronavirus) symptoms	<ul style="list-style-type: none"> ★ Child must not attend school ★ Child should get a test. ★ If a test is not available inform school if: <ul style="list-style-type: none"> - Child has returned from holiday in the last 14 days - Child has been in contact with a confirmed case in the last 14 days - Another member of your household has symptoms ★ Whole household self-isolates while waiting for test result ★ Inform school immediately about test results 	...when child's test comes back negative or if not able to have a test and does not fulfil any of the criteria on the left and Child has been symptom free for 48 hours
...my child tests positive for COVID-19 (coronavirus) or meets any of the 3 criteria listed below: <ul style="list-style-type: none"> - Child has returned from holiday in the last 14 days - Child has been in contact with a confirmed case in the last 14 days - Another member of your household has symptoms 	<ul style="list-style-type: none"> ★ Child must not attend school ★ Child self-isolates for at least 10 days from when symptoms* started ★ Inform school immediately about test results ★ Whole household self-isolates for 14 days from day when symptoms* started - even if someone tests negative during those 14 days after at least 10 days, the child feels better and has been without a fever for at least 48 hours. If the child's class has been isolating, return to school with them, after 14 days. They can return to school 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 (coronavirus) symptoms*	<ul style="list-style-type: none"> ★ Child must not attend school ★ Household member with symptoms should get a test ★ Whole household self-isolates while waiting for test result or if test is not available - for 14 days ★ Inform school immediately about test results 	...when household member tests is negative, or the end of 14 days of isolation and child does not have COVID-19 symptoms* The child should not be tested unless they have symptoms
...somebody in my	<ul style="list-style-type: none"> ★ Child must not attend school when the child has

<p>household has tested positive for COVID-19 (coronavirus) or if unable to have a test, has clear symptoms</p>	<ul style="list-style-type: none"> ★ Whole household self-isolates for 14 days from day when symptoms* started <i>even if someone tests negative during those 14 days</i> 	<p>completed 14 days of self-isolation. Child should not have a test unless they have symptoms.</p> <p>If they do, they must complete 14 days of self-isolation even if the test is negative.</p>
<p>...NHS Test and Trace or school has identified my child as a 'close contact' of somebody with symptoms* or confirmed COVID-19 (coronavirus)</p>	<ul style="list-style-type: none"> ★ Child must not attend school ★ Child self-isolates for 14 days ★ Child does not need a test unless they have symptoms ★ Rest of household does not need to self-isolate, unless they are a 'close contact' too 	<p>..... when the child has completed 14 days of self-isolation</p> <p>Child should not have a test unless they have symptoms. If they do, they must complete 14 days of self-isolation even if the test is negative.</p>
<p>...we/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 shouldn't attend school ★ Whole household self-isolates for 14 days - even if they test negative during those 14 days 	<p>.... When the quarantine period of 14 days has been completed for the child.</p> <p>Child should not have a test unless they have symptoms.</p> <p>If they do, they must complete 14 days of quarantine even if the test is negative.</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 shouldn't attend school ★ Contact school with evidence from the medical/official source ★ Child should shield until you are informed that restrictions are lifted and shielding is paused again 	<p>...when school/other agencies inform you that restrictions have been lifted and your child can return to school again</p>
<p>For further information: gmhscp.contacttracing@nhs.net gov.uk/back to school</p>		