

What to do if your child is ill or if someone in your household has, or is suspected of having COVID-19

The latest advice from the NHS

COVID-19 Symptoms are:

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- **A high temperature:** this means a temperature of **37.8 or above** or you feel hot to touch on your chest or back.
- **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).
- **Upper or lower respiratory tract infection symptoms:** cough, runny nose, sore throat, headaches, muscle aches, breathlessness and fever.
- **Anosmia:** loss of sense of smell.
- **Malaise:** including feelings of tiredness, weakness and general discomfort.
- **Non-specifically unwell - not feeling well enough to be at work/school**

I am trusting in parents judgements about a cough. You are better placed than I am to tell whether the cough is 'normal' i.e. linked to asthma etc.

If you do not have access to a thermometer – let me know. I can meet you in your car outside the school and zap you or your child with our laser thermometer. This is painless and takes 2 seconds.

What to do if	Action Needed	Return to School if or when....
<p>My child has Covid-19 symptoms:-</p> <p>HIGH TEMPERATURE- this means you feel hot to touch on your chest or back.</p> <p>A NEW CONTINUOUS COUGH – this means coughing a lot more than an hour, or 3 or more coughing episodes in 24 hrs.</p> <p>A LOSS OF OR CHANGE TO YOUR SENSE OF SMELL OR TASTE – this means you have noticed you cannot smell or taste anything.</p>	<p>DO NOT COME TO SCHOOL From when their symptoms start they are expected to self-isolate for up to 10 days while they wait for COVID test results</p> <ul style="list-style-type: none"> • Contact school to inform us. • Contact NHS 111 for advice • Self-isolate the whole household for 14 days • Get a COVID19 Test as soon as possible. • Rest and recover <p>INFORM THE SCHOOL IMMEDIATELY ABOUT TESTS AND RESULTS</p>	<p>See below</p>
<p>My child had some symptoms and then tests positive for Covid-19.</p>	<p>DO NOT COME TO SCHOOL Minimum of 10 days isolation from the day the symptoms started. Self-isolate the whole household for 14 days – even if a sibling in the household gets a negative test during this 14 day period they cannot return to school before the 14 days has ended as they may be incubating.</p> <ul style="list-style-type: none"> • Contact School to inform us • Agree an earliest date for possible return with the school • School is contacted by the HSE 	<p>After a minimum of 10 days and the student feels well enough – even if they have a cough or loss of taste/smell as these symptoms can last for several weeks.</p>

	<ul style="list-style-type: none"> • Probable that the class or year group bubble will be asked to self-isolate • The school will support the student with remote learning <p>If you still fell unwell (such as a fever) after 10 days continue to self-isolate and seek medical advice.</p>	
My child had some symptoms for COVID and then tests negative	<p>CONTACT THE SCHOOL</p> <p>As long as no-one else in the household has tested positive or has symptoms then discuss with a member of the Senior Leadership Team when the student can come back to school (same day/next day).</p>	The child feels well enough
My child is ill with symptoms not linked with Covid-19.	Follow the normal absence procedure Rest and recover	With stomach bugs please wait until after 48 hours following the last bout of sickness/diarrhoea if this is the cause of absence.
Someone in my household has Covid-19	<p>DO NOT COME TO SCHOOL</p> <p>Self-isolate the whole household for 14 days from the day their symptoms started or until that person's test comes back negative</p> <ul style="list-style-type: none"> • Contact school • Household members should get tested immediately • The school will support the student with remote learning if the test is delayed. 	Only return if that person in the household has a test that comes back negative
Someone in my household tests positive for Covid-19	<p>DO NOT COME TO SCHOOL</p> <p>Self-isolate for a minimum of 14 days from the start of their symptoms.</p> <p>Even if you test negative in this time you cannot return to school.</p> <ul style="list-style-type: none"> • Contact School • Agree an earliest date for possible return • Self-isolate the whole household. • School will support the student with remote learning. 	The child has completed 14 days of isolation and has no symptoms.
NHS Track and Trace has identified my child has been in close contact of someone with symptoms of confirmed Covid-19.	<p>DO NOT COME TO SCHOOL</p> <p>You will be asked to self-isolate for 14 days from the date you were last in contact with that person.</p> <ul style="list-style-type: none"> • Contact school • Agree an earliest date for possible return – minimum of 14 days. • The rest of the household does not need to self-isolate if you have no symptoms. • School will support the child with remote learning 	The child has completed 14 days of isolation.
We/My child has travelled and has to self-isolate as a period of quarantine.	<p>A minimum of 14 days from return date.</p> <p>Self-isolate the whole household.</p> <p>Consider quarantine requirements and FCO advice when booking travel.</p> <p>Returning from a destination where quarantine is needed, agree an earliest date for possible return.</p>	The quarantine period of 14 days has been completed
We have received medical advice that my child must resume shielding.	<p>DO NOT COME TO SCHOOL</p> <ul style="list-style-type: none"> • Contact school • Shield until you have been informed that restrictions are lifted and shielding is paused again. • The school will support the student with remote learning 	The NHS informs you that restrictions have been lifted and your child can return to school.
My child's bubble has closed due to a Covid-19 outbreak in school	<p>DO NOT COME TO SCHOOL</p> <p>Your child will need to isolate for 14 days and will be able to return even with a negative test result.</p> <p>The school will support the students with remote learning.</p>	School will inform you when the bubble will be re-opened.