



## **What to do if your child is showing symptoms of coronavirus (COVID-19)**

The most important symptoms of coronavirus (COVID-19) are:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

### **1. Self-isolate**

Your child will be sent home to **self-isolate** if they show any of these symptoms. This means they must stay at home for at least 10 full days from when the symptoms started. They should also stay away from other family members, especially older or vulnerable people. Other members of their household (including any siblings and members of their support or childcare bubble if they have one) should self-isolate. Their isolation period includes the day symptoms started for the first person in their household and the next 10 full days.

Follow measures to reduce the spread of infection in your home by washing your hands regularly for 20 seconds using soap and water, or use hand sanitiser, and cover coughs and sneezes.

### **2. Get a test**

You must get a coronavirus **test** for your child.

Do not go to a GP surgery, pharmacy or hospital. You can apply for a test online at <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/> (or Google 'NHS coronavirus test').

A home test kit will be posted to your home address.

Or there may be test slots available at a testing centre.

You will be asked for details such as your name, mobile phone number and address

You can also order a test by telephone by calling NHS 119 if you don't have internet access.

**Please let school know the result of your child's test straight away.**

### **3. When you get your test result:**

1. If your child's test is **negative**, if they feel well and no longer have symptoms similar to coronavirus (COVID-19), they can stop self-isolating and come back to school.

(If they still feel unwell after a negative test, they should stay at home until they're feeling better. Contact a GP if their symptoms get worse or do not go away. They could still have another virus, such as a cold or flu – in which case it is still best to avoid contact with other people until they are better. Other members of their household can stop self-isolating).

If they're being sick, have diarrhoea or have a high temperature, they stay at home until 48 hours after they've stopped. If your child gets coronavirus symptoms after the test, they need to get tested again).

2. If your child's test is **positive**, you should follow the guidance for households with possible or confirmed coronavirus (COVID-19) infection and must continue to self-isolate for at least 10 days from the start of their symptoms. Your child should return to school only if they do not have symptoms other than cough or loss of sense of smell/taste.

(This is because a cough or anosmia can last for several weeks once the infection has gone).

The 10-day period starts from the day when they first became ill. If they still have a high temperature, they should keep self-isolating until their temperature returns to normal. Other members of their household should continue self-isolating for the full 10 days.

If your child's test for coronavirus is positive, you will receive a request by text, email or phone to log into the **NHS Test and Trace** service website and provide information about recent close contacts.

(Text messages will come from NHStracing. Calls will come from 0300 0135000. Children under 18 will be contacted by phone wherever possible and asked for their parent or guardian's permission to continue the call).

You can find more information here. <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/>

Important note - The NHS Test and Trace service will not:

- ask for bank details or payments
- ask for details of any other accounts, such as social media
- ask you to set up a password or PIN number over the phone
- ask you to call a premium rate number, such as those starting 09 or 087

**Stay at home: guidance for households with possible or confirmed coronavirus (COVID-19) infection**

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

We hope your child feels better soon.

If you have any questions or worries, or need help with anything please ring the school office on **0191 586 4049** or email your child's class teacher.

Work will be sent home by email for your child on Day 2 of their isolation period.