

# COVID-19 Parent/Carer Information Sheet for Children Attending School

## What to do if your child develops symptoms

A child that develops any of the following symptoms should immediately self-isolate:

- a new continuous cough and/or
- a fever (temperature of 37.8°C or higher)
- a loss of or change in, normal sense of taste or smell (anosmia)

They should not attend school and parent/carers should follow the steps below:

### 1. Stay at Home.

Your child must self-isolate for 7 days starting from the first day of their symptoms and the rest of the household must self-isolate for 14 days, following the Stay at Home Guidance.

[www.gov.uk/government/publications/covid-19-stay-at-home-guidance](http://www.gov.uk/government/publications/covid-19-stay-at-home-guidance)

### 2. Notify the School

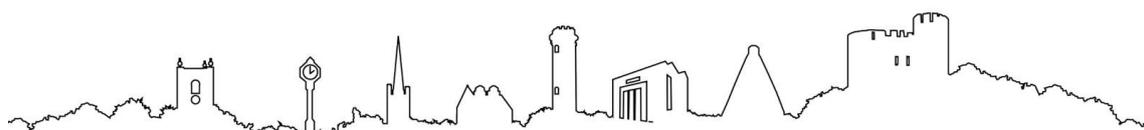
If your school is unaware that your child has developed symptoms, notify them as soon as possible.

### 3. Arrange a Test

Anyone with Covid-19 symptoms, including children should get tested within 5 days of the symptoms starting.

A test can be arranged via NHS UK [www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/](http://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/) or by calling 119 if you do not have internet access.

Once you have notified the school that your child has developed symptoms, a School Nurse will be in contact with you to check if you have been able to arrange testing, discuss any concerns you have and any help you may require.



### **A Negative Result**

If your child tests **negative** for Covid-19, they can return to school and the rest of the household can end their isolation.

### **A Positive Result**

If your child tests **positive** for Covid-19 they must continue to self-isolate for 7 days, from the first day of their symptoms and the rest of the household must continue to self-isolate for 14 days. If any other member of the household starts to show symptoms, they should arrange a test within 5 days of the symptoms starting.

### **You must notify your school of the positive test result.**

You will be contacted by the NHS Test and Trace Service to discuss where your child has been recently and who they've been in close contact with. This will help the NHS contact anyone who may have caught the virus from them. You'll be contacted by email, text or phone. Text messages will come from 'NHStracing'. Calls will come from 0300 0135000. In preparation for this, it is recommended you start making a list of places your child has visited recently and people they've had close contact with as soon as their symptoms appear.

For more information about the Test and Trace Service visit

[www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/nhs-test-and-trace-if-youre-contacted-after-testing-positive-for-coronavirus/](https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/nhs-test-and-trace-if-youre-contacted-after-testing-positive-for-coronavirus/)

After 7 days from the start of their symptoms your child can return to school if they have not had a fever (temperature of 37.8°C or higher) within the last 48 hours. The rest of the household must continue their isolation until the end of the 14 day period.

### **Covid-19 in Children**

Children can get Covid-19 but they seem to get it less often than adults and it's usually less serious. Further advice about Covid-19 in children can be found at [www.nhs.uk/conditions/coronavirus-covid-19/symptoms/coronavirus-in-children/](https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/coronavirus-in-children/) or by calling 111.

