



COVID-19 (coronavirus) absence: A quick guide for parents / carers

COVID-19 quick reference guide to attendance at school and testing for parents

What do I do if...	Action Needed	Return to school when...
<p>My child has COVID symptoms:</p> <ul style="list-style-type: none"> • a high temperature - this means you feel hot to touch and have a temperature of 37.8 degrees Celsius or above • 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 	<p style="color: red;">DO NOT COME TO SCHOOL</p> <p>Inform school via email or telephone.</p> <p>Arrange a test.</p> <p>Self-isolate the household for 14 days, or until a negative test result.</p> <p>Inform school of the test result as soon as you receive it.</p>	<p>The test result is negative.</p>
<p>My child is ill with symptoms which are not COVID related...</p> <p>If your child does not have symptoms of COVID, but has other cold-like symptoms e.g. a runny nose, they do not need to be tested and they and the rest of your household do not need to self-isolate.</p>	<p style="color: orange;">Your child can attend school if fit to do so.</p> <p>Follow the usual school procedures - notify the school office of absence</p>	<p>The child is well, or 48 hours after the last bout of sickness/diarrhoea if that is the cause.</p>
<p>My child has received a positive test result...</p>	<p style="color: red;">DO NOT COME TO SCHOOL</p> <p>Contact school to inform us by telephone.</p> <p>Agree with school an earliest possible return date for the child - this will be at least 10 days from onset of symptoms or from a positive test result if your child was not symptomatic.</p>	<p>They feel better...</p> <p>This will be after at least 10 days.</p> <p>They can still return to school if they have a cough or loss of taste/smell</p>



What do I do if...	Action Needed	Return to school when...
	<p>Self-isolate the rest of the household for 14 days and arrange tests if other household members develop symptoms.</p> <p>School will liaise with PHE about bubble closure/test and trace to inform parents.</p>	<p>because these symptoms can last for many weeks after they are no longer contagious.</p>
<p>My child tests negative...</p>	<p>CONTACT THE SCHOOL</p> <p>Arrange when the child can come back to school. This can be the same day/next day if otherwise well.</p>	<p>They test negative.</p>
<p>Someone in the household has COVID symptoms as outlined above</p>	<p>DO NOT COME TO SCHOOL</p> <p>Inform school via email, app or telephone.</p> <p>Arrange a test for the person with symptoms.</p> <p>Self-isolate the household for 14 days, or until a negative test result.</p> <p>Inform school of the test result as soon as you receive it.</p>	<p>The test result is negative.</p>
<p>Someone in the household (not the child) tests positive for COVID-19</p>	<p>DO NOT COME TO SCHOOL</p> <p>Contact school to inform us by telephone.</p> <p>Agree with school an earliest possible return date for the child - 14 days of self-isolation is needed.</p>	<p>After the 14 days of self-isolation is completed (unless child develops symptoms in that period).</p>
<p>NHS test and trace identifies my child as being a close contact of a CONFIRMED case of COVID-19</p>	<p>DO NOT COME TO SCHOOL</p> <p>Contact school to inform us by telephone.</p> <p>Follow guidance from test and trace.</p>	<p>After the 14 days of self-isolation is completed (unless child develops symptoms in that period).</p>



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	<p>Agree with school an earliest possible return date for the child - 14 days of self-isolation is needed.</p>	
<p>My child/our household has travelled and returned to the UK, and now has to quarantine as a result</p>	<p>Do not take unauthorised holiday leave in term time.</p> <p>Check government travel corridors and be aware that these change quickly and frequently.</p> <p>Self-isolate for 14 days.</p> <p>Agree a return date with school.</p>	<p>After the 14 days of self-isolation is completed (unless child develops symptoms in that period).</p>
<p>My child's bubble is closed due to a confirmed outbreak in school</p>	<p>DO NOT COME TO SCHOOL IF CHILD IS IN THE CONFIRMED BUBBLE CLOSURE</p> <p>School will confirm return date for the bubble.</p> <p>Support your child with home learning which will be provided by school in line with our home learning policy and Government stipulations.</p>	<p>When school tells you the bubble is re-opened.</p>
<p>We have received advice from a medical / official source that my child must resume shielding.</p>	<p>Your child should not attend school.</p> <p>Contact school to discuss this with staff members and establish next steps.</p> <p>Your child should shield until you are informed that restrictions are lifted and shielding is paused again.</p>	<p>School/other agencies inform you that restrictions have been lifted and your child can return to school again.</p>
<p>I am not sure who should get a test for COVID -19 (coronavirus)...</p>	<p>Only people with symptoms (as listed above) need to get a test.</p> <p>People without symptoms are not advised to get a test, even if they are a 'close contact' of someone who tests positive.</p>	<p>When conditions above, as matching your situation, are met.</p>



Get a free NHS test to check if you have coronavirus:

You can **get an NHS test** if:

- ✓ you have any symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)
- ✓ you're getting a test for someone you live with who has symptoms
- ✓ your local council asks you to get a test
- ✓ you're taking part in a government pilot project

Do not ask for an NHS test if:

- you live with someone who has coronavirus but you do not have symptoms yourself - you need to self-isolate
- you've been in close contact with someone who has the virus but you do not have symptoms - you do not need to do anything unless NHS Test and Trace tells you to
- you're going abroad but do not have symptoms
- you've arrived in the UK from abroad but do not have symptoms - you need to self-isolate if you've come from a country with a high coronavirus risk
- you do not have symptoms

When to get a test...

If you have symptoms, get a test as soon as possible. Book a visit to a test site to have the test on the day. Order a home test kit if you cannot get to a test site.

In England:

- you need to get the test done in the first 8 days of having symptoms
- on days 1 to 7, you can get tested at a site or at home - if you're ordering a home test kit on day 7, do it by 3pm
- on day 8, you need to go to a test site - it's too late to order a home test kit

Access a test online:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>

Get help applying:

If you have problems using the online service, call:

- 119 if you're in England, Wales or Northern Ireland. *Lines are open 7am to 11pm.*

Getting a test for someone else:

If other people you live with have symptoms, you can order tests for up to 3 of them. If you're applying for a test for someone else, and the person is aged 13 or over, check they're happy for you to get a test for them.