

## COVID-19 symptoms and isolation: quick guide

**Clarification that the 10-day isolation period:** The period starts the day after *the first symptoms / the test if there's no symptoms / contact with a confirmed case*. This means that if, for example, your 10-day isolation period starts on the 15th of the month, your isolation period ends at 23:59 hrs on the 25th and you can return to your normal routine.

This guidance has been taken from the Government publications below.

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

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/>

<https://www.gov.uk/government/news/uk-chief-medical-officers-statement-on-the-self-isolation-period-11-december-2020>

**If you are given different advice by a medical professional or the Test and Trace system, then contact the school to discuss next steps.**

What do I do if...	Required actions	Your child can return to school when...
My child has one or more of the Covid-19 symptoms <ul style="list-style-type: none"> <li>• <i>New continuous cough</i></li> <li>• <i>High temperature</i></li> <li>• <i>Change in sense of smell or taste</i></li> </ul>	<ul style="list-style-type: none"> <li>- Do not come to school</li> <li>- Do not attempt to take a test at the school's testing centre</li> <li>- Contact school to inform us</li> <li>- Self-isolate the whole household</li> <li>- Get a test at an NHS test site</li> <li>- Inform the school immediately about the test result</li> </ul>	The test comes back negative <b>or</b> A period of 10 days has passed and the child no longer has a temperature ( <i>cough and changed sense of smell and taste may last for several weeks after the infection is gone</i> )
My child tests negative	<ul style="list-style-type: none"> <li>- Contact school to inform us</li> <li>- Child to return to school asap</li> </ul>	The test comes back negative, and the child is not required to isolate for another reason (ie. someone in their house has tested positive)
My child tests positive for Covid-19 at an <b>NHS test site</b>	<ul style="list-style-type: none"> <li>- Do not come to school</li> <li>- Contact school to confirm the date for possible return (minimum of 10 days)</li> <li>- If the child develops symptoms during the isolation period then the 10-day isolation must restart from this point</li> <li>- Self-isolate the whole household for 10 days</li> </ul>	10 days have passed and the child no longer has a temperature

My child tests positive for Covid-19 at the <b>school's testing centre</b>	<ul style="list-style-type: none"> <li>- Your child will be asked to go home immediately to begin their 10-day isolation</li> <li>- Contact school to confirm the date for possible return (minimum of 10 days)</li> <li>- If the child develops symptoms during the isolation period then the 10-day isolation must restart from this point</li> <li>- Self-isolate the whole household for 10 days</li> </ul>	10 days have passed and the child no longer has a temperature
My child tests positive for Covid-19 when using a test at <b>home</b>	<ul style="list-style-type: none"> <li>- Isolate immediately and do not come to school</li> <li>- Book a confirmatory PCR test at an NHS test site.</li> <li>- Contact school to confirm the date for possible return (minimum of 10 days)</li> <li>- If the child develops symptoms during the isolation period then the 10-day isolation must restart from this point</li> <li>- Self-isolate the whole household for 10 days</li> </ul>	<p>The confirmatory PCR test is negative</p> <p><b>Or</b></p> <p>If the confirmatory PCR test is positive, once 10 days have passed since the first test and the child no longer has a temperature</p>
My child has symptoms not linked to Covid-19 and is too unwell to come to school	<ul style="list-style-type: none"> <li>- Do not come to school</li> <li>- Contact school to inform us</li> <li>- Ring on each day of sickness</li> </ul>	They are well enough. If suffering from a gastro illness, after 48 hours following the last bout of vomiting or diarrhoea
One of my children has been sent home due to a Covid-19 outbreak in their school bubble	<ul style="list-style-type: none"> <li>- Child must self-isolate for 10 days</li> <li>- Support your child at home with remote education provided by the school</li> <li>- Other siblings not in the same school bubble may continue to attend school</li> </ul>	School informs you that the bubble will be reopened (usually after 10 days)
Someone in my household has Covid-19 symptoms	<ul style="list-style-type: none"> <li>- Do not come to school</li> <li>- Contact school to inform us</li> <li>- Self-isolate the whole household for 10 days</li> <li>- Person with symptoms to get a test</li> <li>- Inform school immediately about test result</li> </ul>	The test comes back negative
Someone in my household tests positive for Covid-19	<ul style="list-style-type: none"> <li>- Do not come to school</li> <li>- Contact school and agree date for possible return (after 10 days)</li> <li>- Self-isolate the whole household for 10 days</li> </ul>	The child has completed 10 days of isolation
I am unable to get a test for someone in the household who has symptoms	<ul style="list-style-type: none"> <li>- Do not come to school.</li> <li>- If you are not able to get a test then the whole household must stay at home and self-isolate for 10 days.</li> </ul>	The child has completed 10 days of isolation
My child is identified as a close contact of somebody with a confirmed case of Covid-19	<ul style="list-style-type: none"> <li>- Do not come to school.</li> <li>- Contact school and agree date for possible return (10 days)</li> </ul>	The child has completed 10 days of isolation
A household member (other than my child) is identified as a close contact of somebody with Covid-19	<ul style="list-style-type: none"> <li>- The individual household member must self-isolate for 10 days</li> <li>- Other people in the household do not need to self-isolate</li> </ul>	Child can continue to attend school
My child has travelled abroad	<ul style="list-style-type: none"> <li>- Check the <a href="#">list of exempt countries</a></li> <li>- If the place your child has travelled to <b>is not</b> on the list then they must quarantine for 10 days and not come to school. Contact to the school to inform us.</li> <li>- If the place <b>is</b> on the list then there is no need to quarantine</li> </ul>	The quarantine period of 10 days has been completed (where required)

<p>Someone else in our household has travelled from a place requiring quarantine, but my child didn't travel</p>	<ul style="list-style-type: none"> <li>- As long as no one in the household has symptoms, then your child can come to school as normal.</li> <li>- The person who has travelled must not leave the house, including to do pick-ups and drop offs</li> </ul>	<p>Child can continue to attend school</p>
<p>We have received medical advice that my child must shield</p>	<ul style="list-style-type: none"> <li>- Do not come to school.</li> <li>- Contact school to inform us.</li> </ul> <p>Shield until you are informed that restrictions are lifted and shielding is paused again</p>	<p>School inform you that restrictions have been lifted and your child can return to school again or You receive medical advice that your child may return to school.</p>