

Understanding Covid-19 and when to self-isolate

As school has now returned in full we thought it would be helpful to give you some information regarding Covid-19. The guidance and advice can be over bearing so we hope to condense this all into one place for you to help you keep your family safe.

Signs and symptoms of Covid

The main symptoms of coronavirus (COVID-19) are:

- a high temperature – 37.8C or greater. If you cannot take your temperature, you can measure this by feeling hot to touch, feeling warm, cold or shivery.
- 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 (amnesia) – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

What if you believe your child has symptoms of Covid

- Stay at home
- Book a Covid Test and inform the school of the result
- If the test is positive they must stay at home for 10 days and until the temperature has gone
- If the test is negative and once the child is well they can return to school

When to self-isolate at home

- If any member of your household has symptoms of Covid. All members of the household must remain at home and the symptomatic person must take a Covid test and inform the school of the results. There is no need for all family members to book a test, only the person showing signs.
- If the test for the symptomatic person is positive the child must remain at home for 10 days from the onset of the symptoms and the rest of the household must self-isolate for 14 days. Inform school immediately.
- If the test negative, the child can return to school when well enough. The rest of the house can stop self-isolating.
- If you have been contacted by Track and Trace then the person who has been identified must self-isolate for 14 days even if they feel well. If the person has a test within this period and this is negative they must continue to isolate for the full 14 days as they could still develop Covid.
- If a person is instructed to self-isolate through Track and Trace then the rest of the household do not need to self-isolate unless they have also been in contact with the infected person.

What if my child is sent home from school to self-isolate due to a positive case in school

- They must self-isolate for 14 days by following <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>
- A test should only be done IF they develop symptoms
- Household members of the child who has been sent home do not need to self-isolate, unless they have symptoms or have also been in contact with the infected person
- If a test is done and it is negative the child must remain in isolation for the full 14 days
- If the test is positive you must inform school immediately and they must self-isolate for 10 days from the onset of the symptoms (this could mean the self-isolation could end before or after the 14 day isolation period). At this point the child's household must self-isolate for 14 days.

When to inform school

- You must inform school immediately if you are in any way concerned that you or a member of the household has Covid.
- You must inform school immediately after receiving your test results

Accessing a test

- <https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name>
- <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>
- <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- If you cannot access the internet you can call 119 for a test or general advice
- Coronavirus testing contact centre. If you have questions about a test you've booked, you can call the customer contact centre from 7am to 11pm, 119 (free from mobiles and landlines) If no tests are available online, do not call the contact centre to get a test. No extra tests are available through the contact centre.

If you need medical advice about your symptoms, go to:

- England: NHS 111 online coronavirus service

Department for Education coronavirus (COVID-19) helpline

The Department for Education coronavirus (COVID-19) helpline is available to answer questions about coronavirus (COVID-19) relating to education and children's social care. Staff, parents and young people can contact this helpline by calling:

- Phone: 0800 046 8687, Opening hours: Monday to Friday from 8am to 6pm