

What to do if your child is unwell or needs to self-isolate

The main symptoms of Covid-19 are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **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

Most people with Covid-19 have at least 1 of these symptoms.

When will I need to keep my child off school to self-isolate?

There may be times your child will need to be off school to self-isolate. These include:

- If they have any symptoms of Covid-19 (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)
- If they've tested positive for Covid-19
- If they live with someone who has symptoms or has tested positive
- If someone in your support bubble or childcare bubble has symptoms or has tested positive
- If you're told by NHS Test and Trace that you've been in contact with a person with Covid-19
- If they are required to quarantine having recently visited countries outside the Common Travel Area

What to do if my child has symptoms of Covid-19

If your child has any of the main symptoms of Covid-19:

- **Stay at home (self-isolate)** – do not leave your home or have visitors. Anyone you live with, and anyone in your support or childcare bubble, must also self-isolate.
- **Get a test** – get a test to check if your child has Covid-19 as soon as possible. Anyone you live with, and anyone in your support bubble, should also get a test if they have symptoms.

What to do in the case of a negative test result

A negative result means the test did not find Covid-19 at the time of the test. Your child does not need to self-isolate if their test is negative, as long as:

- everyone you live with who has symptoms tests negative
- everyone in your support bubble who has symptoms tests negative
- your child was not told to self-isolate by NHS Test and Trace
- your child feels well – if they feel unwell, stay at home until they're feeling better

If they have diarrhoea or are being sick, stay at home until 48 hours after they've stopped.

Do not return to school until 48 hours after a fever.

Inform school that the test result was negative and follow any specific instruction on the test result letter you will receive. School will confirm it is ok for your child to return to school.

What to do in the case of a positive test result

A positive result means you had Covid-19 when the test was done.

- If your child's test is positive, they must self-isolate.
- If they had a test because they had symptoms, keep self-isolating for at least 10 days from when the symptoms started.
- If they had a test but have not had symptoms, self-isolate for 10 days from when they had the test.
- Anyone they live with, and anyone in their support or childcare bubble, must self-isolate for 10 days from when your child starts self-isolating.
- If they develop symptoms self-isolate for 10 days from when their symptoms started. The isolation period includes the day symptoms started and the next 10 days.
- If a high temperature remain after 10 days continue to self-isolate until 48 hours after the last high temperature. You may continue to have a loss or change of smell and/or taste and a cough after this period.
- If you child tested positive on a lateral flow device (they were asymptomatic) they must isolate for the next full 10 days. If they start to display symptoms whilst self-isolating they must restart the 10 day isolation period from the day they developed symptoms.

Inform school that the test result was positive and follow any specific instruction on the test result letter you will receive. School will confirm when it is ok for your child to return to school.

What must I do to inform school if my child is unwell or is being tested?

- Please inform school via telephone or email as soon as your child feels unwell with symptoms of Covid-19.
- Please do not send them in to school and book a test immediately. This includes siblings in the same household.
- When your child has their test results please let school know the result as soon as possible.
- When your child is due to return to school please confirm this with school before sending them in.
- If you have been advised to get a test for your child, either through NHS Test and Trace or due to another person in your household or support bubble having symptoms, then please inform school and do not send your child in to school until the test results are confirmed as negative.

Where can I find further information about Covid-19?

<https://www.gov.uk/coronavirus>

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

Where can I book a test?

<https://www.nhs.uk/ask-for-a-coronavirus-test>

What contact should I use for the school?

Please contact us using attendance@minster.notts.sch.uk or call 011636 814000.

For Junior School please contact Mr Burns r.burns@minster.notts.sch.uk