

COVID-19 Parent/Carer Information Sheet for Children Attending an Education or Childcare Setting

What to do if your child develops symptoms

A child that develops any of the following symptoms (no matter how mild) should immediately self-isolate and continue to do so until a test is taken and a negative result is received – even if symptoms subside:

- **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 high temperature** - feel hot to touch on your chest or back (temperature of 37.8°C or higher if able to measure this)
- **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

They should not attend their education/childcare setting and parent/carers should follow the steps below:

1. Stay at Home

Your child must self-isolate for 10 full days, with day one being the day after symptoms started, following the Stay at Home Guidance www.gov.uk/government/publications/covid-19-stay-at-home-guidance

2. Notify their education/childcare setting

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

3. Arrange a PCR Test (this is different from a symptom-free Lateral Flow Test)

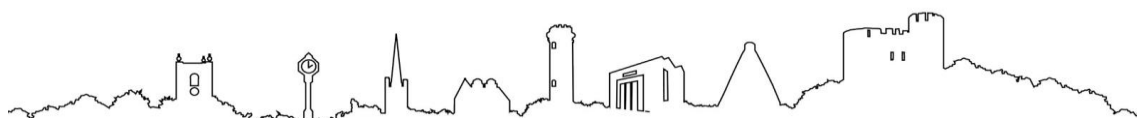
Anyone with Covid-19 symptoms, including children, should have a test as soon as possible. **Do not wait.** A test can be arranged via NHS UK www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/ or by calling 119 if you do not have internet access.

You must notify their education/childcare setting when you receive the test result.

You may be contacted by a school nurse or health visitor if you have difficulty in accessing a test or fail to arrange testing.

A Negative Result

If your child tests **negative** for Covid-19, they can return to their education/childcare setting if they feel well – if they feel unwell, they should stay at home until they are feeling better.



A Positive Result

If your child tests **positive** for Covid-19 they must continue to self-isolate for 10 full days, with day one being the day after symptoms started. All members of the household should also arrange a PCR test. Household members aged 18 and 6 months or over who are not fully vaccinated must also self-isolate at home.

You will be contacted by the NHS Test and Trace Service, by text message, email, phone or the NHS COVID-19 app, 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. 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/

Family members (including siblings) that have tested positive for Covid-19 must not leave the house to take or collect children to school or nursery. Other arrangements should be made such as asking a relative or neighbour to take them and collect them.

After 10 full days of isolation your child can return to their education/childcare setting if they are well and have not had a fever (temperature of 37.8°C or higher), sneezing, runny nose or diarrhoea within the last 48 hours.

What to do if your child develops other symptoms

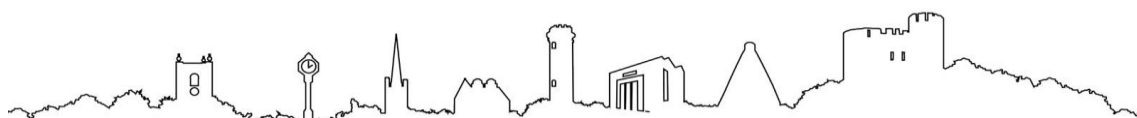
A number of other symptoms have also been identified which may be linked to Covid-19 infection, although these symptoms are also common in a number of other illnesses. These are outlined in the table below.

Loss of Appetite	Sore Throat
Extreme Tiredness	Sneezing
Headaches	*Diarrhoea (must be clear of symptoms for 48hrs before returning to their setting)
Joint Pain or Muscle Ache	**Vomiting (must be clear of symptoms for 48hrs before returning to their setting)
Nausea	Runny Nose or Congestion

Therefore, the local authority strongly advises that anyone displaying one or more of these other symptoms should get a PCR Covid-19 test as a precaution.

It is important to note that:

- Testing for these other symptoms is voluntary
- Individuals with any of these other symptoms (apart from diarrhoea* and vomiting**) can carry on attending their education setting if they are well enough to do so



- If an individual has tested positive for Covid-19 in the last 90 days, they should not get tested for other symptoms. This is because it is possible for tests to remain positive for some time after infection. However, they must self-isolate and seek a new test if they display any of the three main Covid-19 symptoms.
- If the test result is positive, the individual must isolate for 10 full days from the first day of symptoms, with day one being the day after symptoms started
- If the test result is negative but the individual then develops a cough, loss or change of taste or sense of smell or a temperature they must self-isolate and arrange another test.

The national testing centres across the borough have good availability and tests can be booked through the [NHS website](#) or NHS Test & Trace App. Individuals booking a test due to having any of these other symptoms will need to select '*I've been told to get a test by my local council, health protection team or healthcare professional*'.

Covid-19 Measures in Education and Childcare Settings from September 2021

Contact Tracing

Education and childcare settings (i.e. schools, colleges and nurseries) are no longer required to carry out routine contact tracing, this will now be undertaken by NHS Test and Trace. As it does for other types of settings, NHS Test and Trace will speak with the individual who has tested positive – or, depending on their age, their parent/carer or legal guardian – to help identify their close contacts.

Close contacts of a positive case

Fully vaccinated adults and under-18s identified as close contacts will not need to self-isolate, instead they will be advised to take a PCR test. Individuals awaiting test results are not required to isolate unless they are displaying Covid-19 symptoms. Children aged 4 and under will not be advised to take a PCR test unless someone in their household tests positive.

Mixing and 'bubbles'

It is no longer recommend that children and young people should be kept in consistent groups ('bubbles') or to keep groups apart as much as possible.

Face Coverings

Students and staff will not be required to wear face coverings in education and childcare settings.

Some settings may choose to keep some measures in place if they feel it is necessary, to keep staff and children safe. Furthermore, if there is an outbreak in your child's education/childcare setting, or if cases significantly rise in the local area, you might be advised that some control measures need to be temporarily reintroduced to reduce the spread of the virus.

