

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

| What to do if...   | Action needed   | Back to school...   |
|--|---|---|
| <b>my child has COVID-19 (coronavirus) symptoms*</b>                           | <ul style="list-style-type: none"> <li>• Child shouldn't attend school</li> <li>• Child should get a PCR test</li> <li>• Inform school immediately about test results</li> <li>• School should provide remote learning if appropriate</li> </ul>  | <b>.. if the child's test comes back negative</b> provided they have been fever free for the 48 hours before returning to school, and feel well   |
| <b>my child tests positive for COVID-19 (coronavirus)</b>                      | <ul style="list-style-type: none"> <li>• Child shouldn't attend school</li> <li>• Child self-isolates for at least 10 days from symptoms* starting (or from day of test if no symptoms. If child develop symptoms, within isolation period, start a new isolation period from the day symptoms start)</li> <li>• Inform school immediately about test results</li> <li>• For the household members see "somebody in my household has tested positive for COVID-19"</li> <li>• School should provide remote learning if appropriate</li> </ul> | <b>.. after 10 days, once child feels better, and has been fever-free for at least 48 hours or</b> child can take an LFD test from 6 days after the start of symptoms (or day of test), and another LFD test at 24 hours later. If both test results are negative, and has been fever-free for 48 hours, isolation may end after second test.<br>They can return to school even if they have a cough or loss of smell / taste. These symptoms can last for several weeks once the infection is gone |
| <b>somebody in my household has COVID-19 (coronavirus) symptoms*</b>           | <ul style="list-style-type: none"> <li>• Person with symptoms isolates and should get a PCR test</li> <li>• Household contacts must isolate unless they are exempt**</li> </ul>   | <b>.. your child can attend school as long as they don't have COVID-19 symptoms*</b>  |
| <b>somebody in my household has tested positive for COVID-19 (coronavirus)</b> | <ul style="list-style-type: none"> <li>• Person who has tested positive must self-isolate for at least 10 days from symptoms* starting (or from day of test if no symptoms)</li> <li>• Household members, must isolate and go for a PCR test, unless exempt** (under age 5 should also get a PCR)</li> <li>• If exempt, are advised to take a LFD test daily for 7 days and continue to attend as normal, unless they have a positive test result</li> </ul>  | <b>.. your child can attend school as long as they don't have COVID-19 symptoms* and have not tested positive</b>   |

\*Symptoms include at least one of a high temperature; a new continuous cough; a loss of or change to your sense of smell or taste. See more at: <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

\*\* Exempt. Adults who are fully vaccinated (14 days have passed since receiving the full recommended dose). Or aged under 18 years and 6months or taking part in a covid-19 vaccine trial, are not required to isolate but are strongly advised to take daily LFD for 7days if over aged 5 years.

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| <p><b>my child has been identified as a 'close contact' of a confirmed COVID-19 case who is not a household member</b></p> | <ul style="list-style-type: none"> <li>Age 5-18 years and 6 months are strongly advised to take a LFD test every day for 7 days and continue to attend as normal, unless they have a positive test result.</li> <li>Rest of household does not need to self-isolate, unless also a non exempt** close contact of the same individual.</li> </ul>  | <p><b>your child can attend school if they don't have COVID-19 symptoms* and have not tested positive</b></p> |
| <p><b>we / my child has travelled from abroad</b></p>  | <ul style="list-style-type: none"> <li>Do not take unauthorised leave in term time</li> <li>Consider quarantine requirements and Foreign and Commonwealth Office advice when booking travel</li> <li>Provide information to school as per attendance policy</li> </ul> <p><b>Depending on where you are travelling to and from, there may be a requirement for you and your child to isolate and/ or test.</b></p> <p><b>For full guidance on travel advice, please visit:</b><br/> <a href="https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers">gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers</a></p> |   |
| <p><b>my child was shielding</b></p>   | <ul style="list-style-type: none"> <li>Shielding has been paused and all children have been removed from the shielding list and are advised to follow the same guidance as everyone else</li> <li>Child should attend school unless advised otherwise by a medical consultant</li> </ul>  |   |
| <p><b>I am not sure who should get a test for COVID - 19 (coronavirus)</b></p>   | <ul style="list-style-type: none"> <li>People with symptoms* and those who have been in close contact with a confirmed case and are not exempt** need to take a PCR test</li> <li>People without symptoms and are secondary school age or over are advised to regularly (twice a week) take a LFD test</li> </ul>   | <p><b>As per the information in relevant scenario above</b></p>   |

### COVID-19 testing

If anyone in your household has symptoms\*, they should self-isolate immediately and book a free PCR test at [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or call 119

Taking rapid lateral flow tests twice a week is advised for all secondary school and college students and families / households with children of any age. Regular testing can help detect coronavirus when you don't have symptoms. Around 1 in 3 people with COVID-19 don't have any symptoms and could be spreading the virus without knowing it. You can get the free tests from your **child's school or college**, pharmacies, online at [gov.uk/order-coronavirus-rapid-lateral-flow-tests](https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests). Or call 119.

**Children are no longer required to wait 90 days post infection to re commence LFT testing in school.**

**For further information visit [gov.uk/backtoschool](https://www.gov.uk/backtoschool)**

*Local Public Health and Health Protection Team will continue to work with local schools to manage and provide guidance with single and multiple cases of COVID-19*