



# COVID-19 (Coronavirus)

## A quick guide for parents/carers

### What to do if...

### Action needed

### Back to school...

...my child has COVID-19 (coronavirus) symptoms\*



- Child shouldn't attend school
- Child should get a test
- Whole household self-isolates while waiting for test results
- Inform school immediately about test results

...if a child's test comes back negative and symptom free for 48 hours. The child should not be tested again unless they develop new symptoms\*

If the test result is positive, then see below.

...my child tests positive for COVID-19 (coronavirus)



- Child should not attend school
- Child self-isolates for at least 10 days from when symptoms\* started (or from day of test if no symptoms)
- Inform school immediately about test results
- Whole household self-isolates for 14 days from day when symptoms\* started (or from day of test if no symptoms) – even if someone tests negative during those 14 days
- Other household members should not get tested unless they develop symptoms because even if they tested negative, they must still isolate for 14 days

...after 10 days has passed so long as the child is feeling better and has been without a fever for at least 48 hours.

They can return to school after 10 days even if they still have a cough or loss of smell/taste. These symptoms can last for several weeks once the infection is gone.

...somebody in my household has COVID-19 (coronavirus) symptoms\*



- Child shouldn't attend school
- Household member with symptoms should get a test
- Whole household self-isolates while waiting for test result
- Inform school immediately about test results

...if the household member test is negative, and the child does not have COVID-19 symptoms\*

...somebody in my household has tested positive for COVID-19 (coronavirus)



- Child shouldn't attend school
- Whole household self-isolates for 14 days from day when symptoms\* started (or from day of test if no symptoms) – even if someone tests negative during those 14 days
- No need for the child to get tested unless they develop symptoms

...when child has completed 14 days of self-isolation, even if they tested negative during the 14 days

...NHS Test and Trace has identified my child as a 'close contact' of somebody with symptoms\* or confirmed COVID-19 (coronavirus)



- Child shouldn't attend school
- Child self-isolates for 14 days (as advised by NHS Test and Trace) – even if they tested negative during those 14 days
- Rest of household does not need to self-isolate, unless they are a 'close contact' too

...when the child has completed 14 days of self-isolation, even if they tested negative during those 14 days

...we/my child has travelled and has to self-isolate as part of a period of quarantine



- Do not take unauthorised leave in term time
- Consider quarantine requirements and FCO advise when booking travel
- Provide information to school as per attendance policy

Returning from a destination where quarantine is needed:

- Child shouldn't attend school
- Whole household self-isolates for 14 days – even if they test negative during those 14 days

...when the quarantine period of 14 days has been completed for the child, even if they test negative during those 14 days

...we have received advice from a medical/official source that my child must resume shielding



- Child shouldn't attend school
- Contact school as advised by attendance officer/pastoral team
- Child should shield until you are informed that their restrictions are lifted, and shielding is paused again

...when school/other agencies inform you that restrictions have been lifted and your child can return to school again

...I am not sure who should get a test for COVID-19 (coronavirus)



- Only people with symptoms\* need to get a test
- People without symptoms are not advised to get a test, even if they are a 'close contact' of someone who tested positive

...when conditions above as matching your situation, are met

\*Symptoms include a high temperature, a new continuous cough and loss or change to your sense of smell or taste. See more at [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)

For further information: [gmhscp.contracttracing@nhs.net](mailto:gmhscp.contracttracing@nhs.net)  
[www.gov.uk/backtoschool](http://www.gov.uk/backtoschool)

**New Government Guidance:**  
Only six people from multiple households can now meet up for social gathering, both indoors and outdoors. For more information please visit:  
[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)