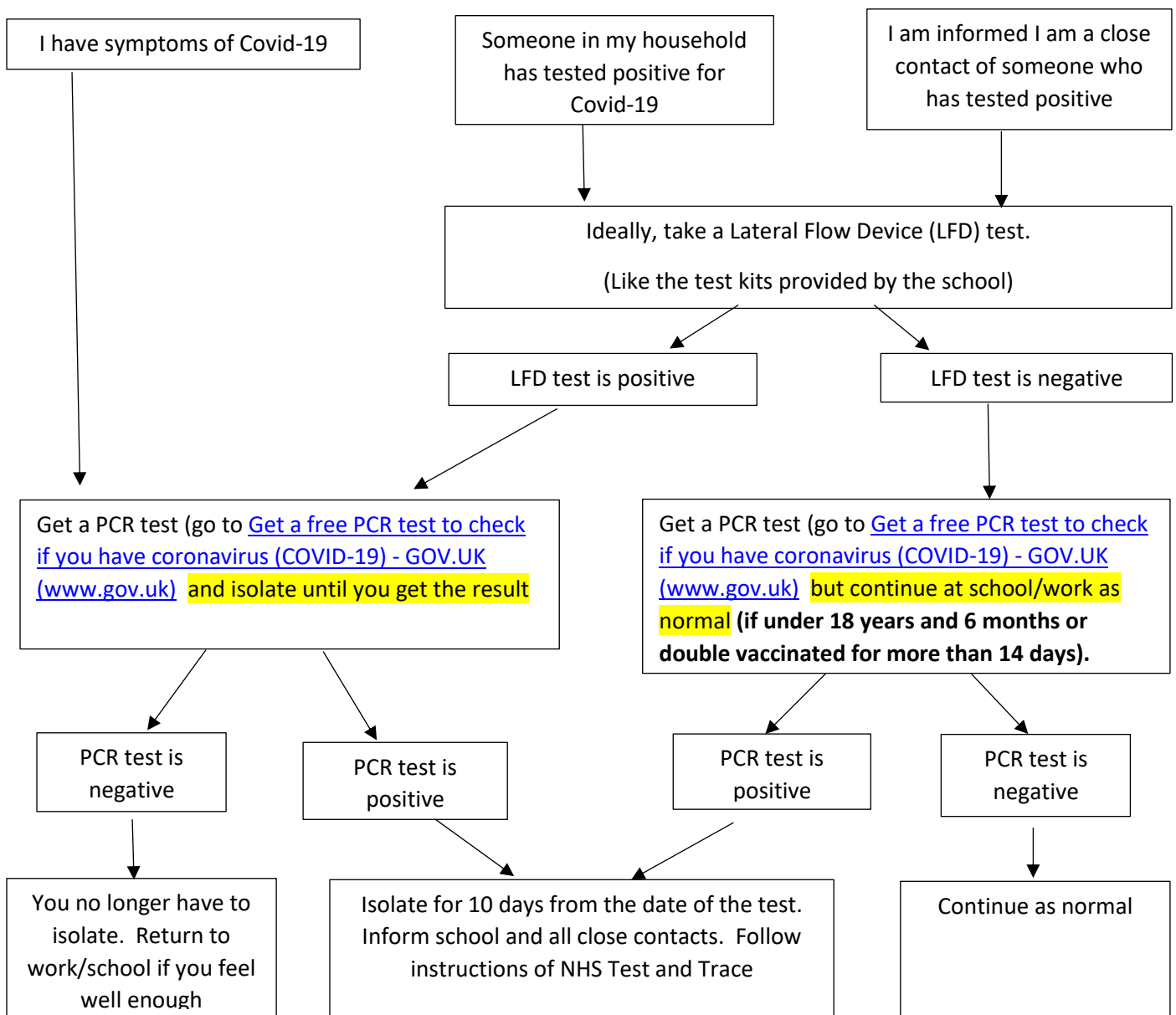


COVID-19: INFORMATION ABOUT SYMPTOMS, TESTING, AND ISOLATING

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, but if you do, the temperature considered to be a fever is 37.8°C).
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours. It is usually a dry cough, with no mucous. (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.

What to do if you, or someone in your household, has symptoms or tests positive.



COVID-19 related student absence from school - a quick reference guide

What to do if....	Action to take	The child can return to school ...
<p>...my child has symptoms of COVID-19</p>	<p>The child should not come to school. Contact the school to inform us.</p> <p>Get a PCR test for the child with symptoms. Please let the school know the test result as soon as you can.</p> <p>The rest of the household should get a PCR test too but can continue to go to school/work, if they are under 18 years & 6 months or double vaccinated for more than 14 days, unless they get symptoms or test positive. (Doing an LFD test, as suggested on the flow diagram above, can be helpful. If it is positive, isolate until you get the PCR test result.)</p>	<p>...if the PCR test result is negative, as long as they are feeling well.</p> <p>... after 10 days from the first day they had symptoms if they are feeling well & do not have a fever. (They may still have a cough or a loss of taste/smell – these symptoms can last for weeks).</p>
<p>...my child tests positive for COVID-19 on an LFD test</p>	<p>The child should not come to school. Contact the school to inform us.</p> <p>Get a PCR test for the child. Please let the school know the test result as soon as you can.</p> <p>The rest of the household should get a PCR test too but can continue to go to school/work, if they are under 18 years & 6 months or double vaccinated for more than 14 days, unless they get symptoms or test positive. (Doing an LFD test, as suggested on the flow diagram above, can be helpful. If it is positive, isolate until you get the PCR test result.)</p>	<p>...if the PCR test result is negative, as long as they are feeling well.</p> <p>... after 10 days from the date of a positive PCR test, as long as they are feeling well & do not have a fever. (They may still have a cough or a loss of taste/smell – these symptoms can last for weeks).</p>
<p>...someone in our household tests positive for COVID-19 on an LFD test</p>	<p>That person should isolate and get a PCR test. If the PCR test is positive, they will have to isolate for 10 days.</p> <p>The rest of the household should get a PCR test too but can continue to go to school/work, if they are under 18 years & 6 months or double vaccinated for more than 14 days, unless they get symptoms or test positive. (Doing an LFD test, as suggested on the flow diagram above, can be helpful. If it is positive, isolate until you get the PCR test result.)</p>	<p>...immediately, and can continue to come to school as long as they test negative and have no symptoms of Covid.</p>
<p>...NHS test and trace has identified my child as a close contact of someone who has tested positive</p>	<p>Ask your child to do an LFD test. If it is positive, keep them at home and get a PCR test for them (see above).</p> <p>If the LFD test is negative, you should still get a PCR test for your child as they have been told they are a close contact, but they can continue to come to school until they get the result. If they test positive, they will have to isolate for 10 days. Please let the school know the test result as soon as you can.</p> <p>The rest of the household can continue as normal.</p>	<p>... immediately (if their LFD is negative) and can continue to come to school as long as their PCR test is negative, and they have no symptoms of Covid.</p>
<p>...NHS test and trace has identified someone else in the household as a close contact of someone who has tested positive.</p>	<p>The named person should get a PCR test. If they under 18 years & 6 months or are double vaccinated, they can continue as normal until they get the test result. If it is positive, they will have to isolate for 10 days.</p> <p>The rest of the household can continue as normal.</p>	<p>Continue to come to school</p>