What to do if you or your child develops COVID-19 symptoms – information for parents/carers and staff, December 2020

At Crawley Ridge Infant School we are following Government advice to try to minimize the risk of transmission of COVID-19 in school.

Guidance source

Section 1: Public health advice to minimise coronavirus (COVID-19) risks:

> https://www.gov.uk/government/publications/actions-for-schools-during-the-coronavirus-outbreak/guidance-for-full-opening-schools

Symptoms of COVID-19

- High temperature
- New, continuous cough
- Loss or change to your sense of smell or taste

Staff and pupils **must not** come into school if they have symptoms of COVID-19. If symptoms develop in school, staff will be sent home to self-isolate and parents/carers will be contacted to **collect their child as soon as possible and at least within 1 hour**. We ask all families to provide contact details for someone/a number of people who will be available to collect their child at **very short notice on every day of the week**. All children can be tested, including children under 5 years old.

What we ask of parents, carers and staff

- **Do not send your child into school** if you or your child (or someone in your household) is displaying one or more symptoms of COVID-19
- **Book a test** if you or your child is displaying symptoms of COVID-19 (SEE link on p.2)
- **Inform school by email or telephone immediately** of the results of a test
- **Provide details of anyone you or your child has been in close contact with** if you or they tests positive for COVID-19 or if asked to do so by NHS Test and Trace
- **Self-isolate** if you or your child has been in close contact with someone who tests positive for COVID-19, or if anyone in your household develops symptoms of coronavirus (SEE link on p.2)

If the test result is negative

If the test result is negative and the person having displayed symptoms **feels well** and no longer has symptoms similar to COVID-19, **they can stop self-isolating**. They could still have another virus, such as a cold or flu – in which case it is still best to avoid contact with other people until they are better. Other members of the household can stop self-isolating.

If the test result is positive

You should follow the guidance for households with possible or confirmed COVID-19 infection (see link below) and the person having tested positive **must continue to self-isolate for at least 10 days from the onset of symptoms** and then return to school **only** if they **do not** have symptoms other than a cough or loss of sense of smell/taste (anosmia). This is because a cough or anosmia can last for several weeks once the infection has gone. The 10-day period starts from the day when the person first became ill. **If they still have a high temperature**, they should **keep self-isolating until their temperature returns to normal**. **Other members of their household** should continue self-isolating for the **full 10 days**.

How to book a test

Apply for a test online:

https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name

How to self-isolate

Up-to-date guidance on how to self-isolate:

https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance