

COVID-19 Parent/Carer Information Sheet for Children Attending School

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 school and parent/carers should follow the steps below:

1. Stay at Home.

Your child and the rest of the household 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

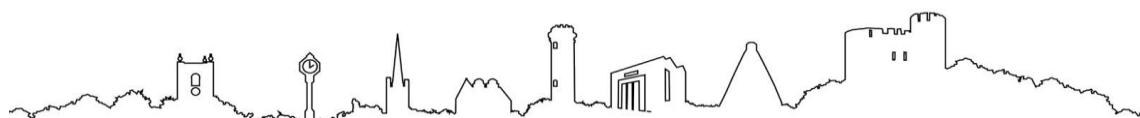
2. Notify the School

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

3. Arrange a PCR Test

Anyone with Covid-19 symptoms, including children, should have a test as soon as possible. **Do not wait.** The test must be done within 8 days of symptoms starting. 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 your school when you receive the test result.



You may be contacted by the school nurse team 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 school and the rest of the household can end their isolation as long as:

- everyone they live with who has symptoms tests negative
- everyone in their support bubble who has symptoms tests negative
- they were not told to self-isolate for 10 days by NHS Test and Trace
- they feel well – if they feel unwell they should stay at home until they are feeling better

A Positive Result

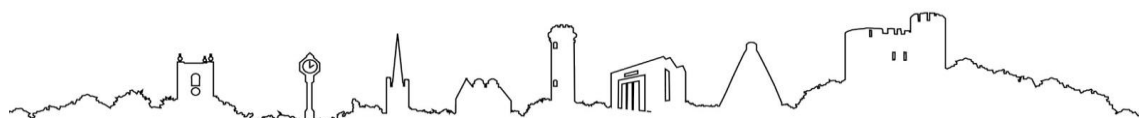
If your child tests **positive** for Covid-19 they must continue to self-isolate for 10 full days, with day one being the day after symptoms started and the rest of the household must continue to self-isolate for 10 days. If any other member of the household starts to show symptoms, they should arrange a test within 8 days of the symptoms starting.

You will be contacted by the NHS Test and Trace Service 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. You'll be contacted by email, text or phone. Text messages will come from 'NHStracing'. Calls will come from 0300 013 5000. 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/

After 10 days isolation, with day one being the day after symptoms started your child can return to school 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. The rest of the household must continue their isolation until the end of the 10 day period.



What to do if your child develops other symptoms

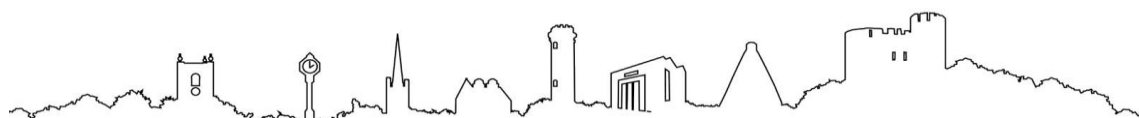
Public Health England have also identified a number of other symptoms (see table below), which may be linked to Covid-19 infection, although these symptoms are also common in a number of other illnesses.

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

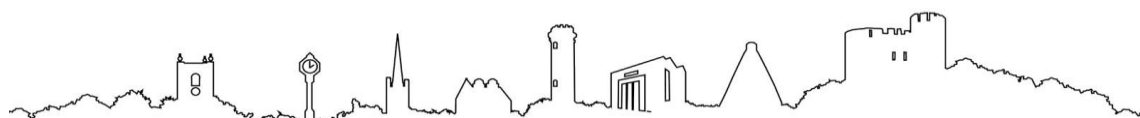
Therefore, the local authority is now recommending that anyone displaying one or more of these other symptoms should get a PCR Covid-19 test as a precaution. It is important to note that:

- 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 and are not already self-isolating due to being a contact of a positive case.
- 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 and their household must isolate for 10 full days from the first day of symptoms with day one being the day after symptoms started
- If the individual is currently self-isolating as a contact and the test result is negative, they must still continue their 10 day isolation period.
- 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 (and their household) 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 wider symptoms will need to select *“My local council or health protection team has asked me to get a test, even though I do not have symptoms”*.



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