



What to do when my child is not well

With children starting to mix together again, it is likely that they are going to get seasonal colds and coughs but not all illnesses mean they must stay off school or self-isolate.

We want to remind you that COVID-19 symptoms are a **high temperature** (hot to touch on the back or chest), a new **continuous** cough (continuous cough is coughing consistently for a while and not just every now and again), a **loss of or change to your taste or smell**.

More detail of the symptoms can be found: <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

Please see below of different types of illness and what action should be taken:

COVID-19

What to do if...	Action needed...	Return to school when...
...my child has COVID-19 symptoms*	<ul style="list-style-type: none"> - Do not come to school - Contact school to inform us - Self-isolate the whole household - <u>Get a COVID-19 test</u> - Inform school immediately about the test result 	...the test comes back negative or 10 days after the symptoms started /your attempt to get a test
...my child tests positive for COVID-19	<ul style="list-style-type: none"> - Do not come to school - Contact school to inform us - Agree an earliest date for possible return. (Minimum 10 Days) - Self-isolate the whole household for 10 days - if another person in the household has symptoms or tests positive, the self-isolation period will need to start again 	<p>... they feel better. They can return after 10 days even if they have a cough or loss of taste/smell. These symptoms can last for several weeks</p> <p>All children who test positive must complete the 10-day isolation.</p>
...my child tests negative	<ul style="list-style-type: none"> - Contact school to inform us - Discuss when your child can come back (same/next day) 	...the test comes back negative and your child feels well enough to return

*COVID-19 symptoms are: a high temperature, a new continuous cough (continuous cough is coughing consistently for a while and not just every now and again), a loss of or change to your taste or smell

Vomiting and diarrhoea

If a child has sickness and diarrhoea they should not come to school. Parents/carers should contact the school to inform them of a child's absence and ring the school on each day of illness.

A child can return to school 48 hours after the last bout of sickness or diarrhoea.

Colds

If a child is poorly with symptoms of a cold such as a runny nose or sore throat,

- Check temperature and for symptoms of COVID-19
- If no COVID-19 symptoms, come to school if well enough
- If not well enough, ring on each day of illness

The child can come back to school when they feel well enough and are not showing symptoms of COVID-19

For all other advice around schools relating to COVID-19 please visit:

<https://www.gov.uk/coronavirus/education-and-childcare>