

# Is my child well enough to attend school or an early years setting?

## A quick guide for parents / carers

What to do if...	Action to take	Back to school or early years setting...
<p>...your child is unwell and has a high temperature (this means their temperature is 38°C or higher).</p> <p>They have not tested positive for Covid – 19.</p>	<p><b>Keep your child at home:</b></p> <ul style="list-style-type: none"> <li>It is recommended that your child stays at home if they have a high temperature.</li> <li>Your child should avoid close contact with <b>people who may be at high risk</b> from respiratory infections, such as COVID-19 (even if your child has tested negative for COVID-19).</li> </ul> <p><b>Stop the spread:</b></p> <ul style="list-style-type: none"> <li>Encourage your child to wash their hands regularly. They should use tissues to wipe their nose and catch coughs &amp; sneezes. Throw used tissues away.</li> </ul> <p><b>Caring for your child:</b> Follow NHS advice on how to look a child with a high temperature: <b>High temperature (fever) in children - NHS (www.nhs.uk)</b></p>	<p>...when your child's temperature returns to normal (less than 38°C) and they feel well enough to go.</p> <p>Child has high temperature, but medication like ibuprofen or calpol brings the temperature down?</p> <ul style="list-style-type: none"> <li>They should stay at home until their temperature is ok without medication. This is because they are still infectious and able to pass the illness on to other people.</li> </ul>
<p>...your child is unwell with cold-like symptoms (such as a sore throat and runny nose), but does not have a temperature.</p> <p>They have not tested positive for COVID-19.</p>	<p><b>Stop the spread:</b></p> <ul style="list-style-type: none"> <li>Encourage your child to wash their hands regularly. They should use tissues to wipe their nose and catch coughs &amp; sneezes. Throw used tissues away.</li> </ul> <p><b>Caring for your child:</b></p> <ul style="list-style-type: none"> <li>Follow NHS advice: <b>Common cold - NHS (www.nhs.uk)</b></li> </ul>	<p>...straight away. Your child can continue to attend if they have cold-like symptoms (as long as they feel well enough to go and don't have a high temperature).</p>

What to do if...	Action to take	Back to school or early years setting...
<p><b>...your child has tested positive for COVID-19</b></p>	<p><b>Keep your child at home:</b></p> <ul style="list-style-type: none"> <li>• Children and young people aged 0-18: should stay at home and NOT attend school or early years settings for at least 3 days (day '0' is counted as the day of the first positive test).</li> <li>• Young people aged 19+: The recommended time period to follow the advice above is 5 days</li> <li>• Your child should particularly avoid contact with <b>people who may be at high risk</b> from COVID-19.</li> </ul> <p><b>Stop the spread:</b></p> <ul style="list-style-type: none"> <li>• Encourage your child to wash their hands regularly. They should use tissues to wipe their nose and catch coughs &amp; sneezes. Throw used tissues away.</li> </ul> <p><b>Caring for your child:</b></p> <ul style="list-style-type: none"> <li>• Follow NHS advice: <b>How to look after yourself at home if you have coronavirus (COVID-19) or symptoms of COVID-19 - NHS (www.nhs.uk)</b></li> </ul>	<p><b>...when your child has completed the recommended stay-at-home period (as long as they feel well enough to go and do not have a high temperature).</b></p>
<p><b>... your child has been sick (vomited) and /or has diarrhoea</b></p>	<p><b>Keep your child at home:</b></p> <ul style="list-style-type: none"> <li>• Your child should stay at home whilst they have symptoms and for a full 48 hours after their symptoms have stopped.</li> </ul> <p><b>Stop the spread:</b></p> <ul style="list-style-type: none"> <li>• Encourage your child to wash their hands regularly. They should not share towels, flannels, cutlery or utensils.</li> <li>• Spills of vomit and diarrhoea should be cleaned using a bleach-based solution. Wash any contaminated clothing or bedding using detergent and a hot wash cycle (60°C).</li> <li>• Other people in the house should wash their hands regularly, especially after cleaning spills of vomit or diarrhoea and before preparing food or eating.</li> </ul> <p><b>Caring for your child:</b></p> <ul style="list-style-type: none"> <li>• Follow NHS advice: <b>Diarrhoea and vomiting - NHS (www.nhs.uk)</b></li> </ul>	<p><b>...when your child has not had symptoms for 48 hours (as long as they feel well enough to go).</b></p>