

What should I do if my child is ill?

Please ring the school to report any absence where your child is not well enough to attend school. If your child has any of the main symptoms of coronavirus (COVID-19), you must not send your child to school and should get a test as soon as possible.

The main symptoms are:

- A high temperature- this means you feel hot to touch on your chest or back.
- 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 loss or change to your sense of smell or taste- this means you have noticed you cannot smell or taste anything, or things smell or taste different to normal.

What do I do if my child has the symptoms above?

1. Do not send your children to school. Stay at home and do not have visitors until you get your test result. Only leave home to have a test.
2. Get a test to check if you have coronavirus as soon as possible.
3. Anyone you live with must stay at home too.
4. Inform the school via telephone.

What if the test is negative?

A negative result means the test did not find coronavirus.

You do not need to self-isolate and can return to school if your test is negative, as long as:

- everyone you live with who has symptoms tests negative
- everyone in your support bubble who has symptoms tests negative
- you were not told to self-isolate for 14 days by NHS Test and Trace – if you were, see [what to do if you've been told you've been in contact with someone who has coronavirus](#)
- you feel well – if you feel unwell, stay at home until you're feeling better. If you have diarrhoea or you're being sick, stay at home until 48 hours after they've stopped.

What if the test result is positive?

A positive result means you had coronavirus when the test was done.

If your test is positive, you must self-isolate immediately.

- If you had a test because you had symptoms, keep self-isolating for at least 10 days from when your symptoms started.
- If you had a test but have not had symptoms, self-isolate for 10 days from when you had the test.

Anyone you live with, and anyone in your support bubble, must self-isolate for 14 days from when you start self-isolating.

Please inform school as soon as you receive the test results.