

# COVID-19 information

## A quick guide for parents/carers



Please follow the advice in this guide. Only contact the setting if your child is having a test and to let us know the result. Your setting will not be able to advise beyond the information given here. **Please remember to only get tested if you have COVID-19 symptoms.**

### YOU SHOULD BOOK A TEST IF YOUR CHILD HAS:

#### a high temperature.

This means they feel hot to touch on their chest or back (you do not need to measure their temperature).

or

#### a new continuous cough.

This means coughing a lot for more than an hour, or three or more episodes in 24 hours (if they usually have a cough it may be worse than usual)

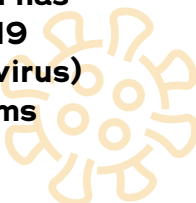
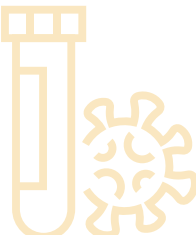
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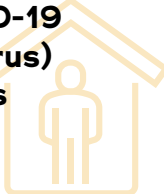
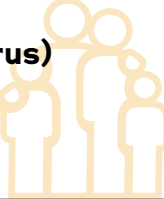
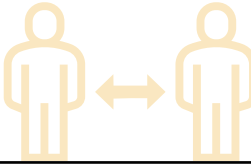



#### a loss of or change to your sense of smell or taste.

This means they've noticed they cannot smell or taste anything, or things smell or taste different to normal.

If your child DOES NOT have symptoms of COVID-19 but has other cold-like symptoms, such as a runny nose, they do not need to be tested and they or members of your household do not need to self-isolate.

Your child can attend setting if fit to do so.

What to do if...	Action needed	When can my child return to their setting
<b>My child has COVID-19 (coronavirus) symptoms</b> 	<ul style="list-style-type: none"> <li>Do not send your child to their setting</li> <li>Book a test for your child</li> <li>Whole household to self-isolate</li> <li>Inform setting immediately about test result</li> </ul>	<b>If test is negative and child is well enough, symptom free for 48 hours and not advised to self-isolate by test and trace service.</b>
<b>My child tests positive for COVID-19 (coronavirus)</b> 	<ul style="list-style-type: none"> <li>Do not send your child to their setting</li> <li>Child to self-isolate for at least 10 days from when symptoms started (or from day of test if no symptoms)</li> <li>Inform setting immediately about test results</li> <li>Whole household to self-isolate for 14 days from day when symptoms started (or from day of test if no symptoms) -even if someone tests negative during those 14 days</li> </ul>	<b>When child feels better, and has been without a fever for at least 48 hours</b> They can return to their setting after 10 days even if they have a cough or loss of smell/ taste. These symptoms can last for several weeks once the infection is gone.

What to do if...	Action needed	When can my child return to their setting
<p><b>Somebody in my household has COVID-19 (coronavirus) symptoms</b></p> 	<ul style="list-style-type: none"> <li>Do not send your child to their setting</li> <li>Household member with symptoms to book a test</li> <li>Whole household to self-isolate while waiting for test result</li> <li>Inform setting immediately about test results</li> </ul>	<p><b>When household member test is negative, and child does not have COVID-19 symptoms and if child has not been advised to self isolate by test and trace services</b></p>
<p><b>Somebody in my household has tested positive for COVID-19 (coronavirus)</b></p> 	<ul style="list-style-type: none"> <li>Do not send your child to their setting</li> <li>Whole household to self-isolate for 14 days from day when symptoms started (or from day of test if no symptoms) - even if someone tests negative during those 14 days</li> <li>Inform setting immediately about test result</li> </ul>	<p><b>When they have completed 14 days of self-isolation without symptoms. They must self-isolate for 14 days even if they test negative during that time</b></p>
<p><b>NHS Test and Trace has identified my child as a 'close contact'</b></p> 	<ul style="list-style-type: none"> <li>Do not send your child to their setting</li> <li>Child to self-isolate for 14 days (as advised by NHS Test and Trace)–even if they test negative during those 14 days</li> <li>Rest of household does not need to self-isolate, unless they are also a 'close contact'</li> </ul>	<p><b>When they have completed 14 days of self-isolation without symptoms. They must self-isolate for 14 days even if they test negative during that time</b></p>
<p><b>Your child has been in contact with someone who has been identified as a 'close contact'</b></p> 	<ul style="list-style-type: none"> <li>Attend their setting as normal</li> <li>If your child does not have any COVID-19 symptoms they should carry on with normal activities</li> </ul>	<p><b>Attend their setting as normal</b></p>
<p><b>We / my child has travelled abroad and has to self-isolate.</b></p> 	<ul style="list-style-type: none"> <li>Do not send your child to their setting</li> <li>Whole household to self-isolate for 14 days –even if they test negative during those 14 days</li> </ul> <p><b>Travel reminders:</b></p> <ul style="list-style-type: none"> <li>Consider quarantine requirements and FCO advice when booking travel</li> <li>Provide information to setting as per attendance policy</li> </ul>	<p><b>When the quarantine period of 14 days has been completed for the child, even if they test negative during those 14 days</b></p>
<p><b>We have received advice from a medical / official source that my child must resume shielding</b></p> 	<ul style="list-style-type: none"> <li>Do not send your child to their setting.</li> <li>Contact setting and let them know about change to circumstances.</li> <li>Child to shield until you are informed that restrictions are lifted and shielding is paused again</li> </ul>	<p><b>When setting / other agencies inform you that restrictions have been lifted and your child can return to their setting again</b></p>