

Coronavirus-related absence quick reference guide

Current as of 10/09/20

Below you will find a table that you can use as a quick guide should your child or anyone in the household develop symptoms, feel unwell or there is a confirmed case of coronavirus.

If you are still unsure what to do, please contact school before bringing your child(ren) into school. We will have the same guidance and can follow it together whilst taking account of the most up to date NHS guidance available at the time

What to do if...	Action needed	Return to school when...
My child has a cold	See the link at end of the document. Check their temperature. Check to see if they present with any of the 3 main symptoms of Coronavirus.	Children can come to school. If they feel too unwell or present with any new symptoms (COVID), then they need to stay at home and follow appropriate steps as detailed below.
My child has a tummy bug / sickness / diarrhoea	Telephone school to explain absence. School must be contacted daily. This is not currently listed as a symptom	48 hours after last episode of sickness. If they feel too unwell or present with any new symptoms (COVID), then they need to stay at home and follow appropriate steps as detailed below.
My child has Coronavirus symptoms	Do not come to school. Contact school daily. Self-isolate Get a test Inform school of what you are doing and the test result immediately	The test comes back negative and your child does not feel unwell. If they still have coronavirus symptoms and feel unwell, stay at home until they feel better. If test is positive – school will advise on course of action in line with Public Health guidance.
My child tested positive for Coronavirus	Do not come to school Contact school daily Self-isolate for at least 10 days	Your child has self-isolated for 10 days and feels better with no temperature. They can return to school

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		<p>after 10 days even if you have a cough or loss of smell/taste. These symptoms can last for several weeks once the infection is gone.</p>
<p>Somebody in our household has Coronavirus symptoms</p>	<p>Do not come to school Contact school daily Self-isolate</p> <p>Household member to get a test Inform school of what you are doing and the test result immediately</p>	<p>The household member's test is negative and nobody else has developed symptoms.</p> <p>If everyone in the household is tested then all results must come back negative before your child can return to school and self-isolating can stop.</p>
<p>Somebody in our household has tested positive for Coronavirus</p>	<p>Do not come to school Contact school daily Self-isolate for 14-days</p>	<p>Your child has completed the 14-day self- isolation, feels well and hasn't developed Coronavirus symptoms.</p> <p>If they, or anyone else in the house develops symptoms, continue to self- isolate for a further 14 days (from when the symptoms started) and book a test.</p>
<p>NHS Test & Trace has identified my child as a 'close contact' of somebody with symptoms or confirmed Coronavirus</p>	<p>Do not come to school Contact school daily Self-isolate for 14-days</p>	<p>They have completed the 14-day self- isolation and feel well and hasn't developed Coronavirus symptoms.</p> <p>If they, or anyone else in the house develops symptoms, continue to self- isolate for a further 14 days (from when the symptoms started) and book a test / take NHS advice.</p>

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Useful Links

Please use this link to go to the NHS 'How long to self-isolate' guidance for more information:

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-long-to-self-isolate/>

SYMPTOMS of Coronavirus

The main symptoms of coronavirus are:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- 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've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms.

[LINK](#)

If you are unsure, you can call 111 or visit [111.NHS.uk](https://111.nhs.uk)

Does my child have a cold? <https://www.nhs.uk/conditions/common-cold/>

Does my child have Coronavirus?

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/coronavirus-in-children/>