





# COVID-19 (coronavirus) absence: A quick guide for parents / carers

| What to do if...   | Action needed   | Back to school...   |
|--|---|---|
|  <p>...my child has COVID-19 (coronavirus) symptoms*</p>                             | <ul style="list-style-type: none"> <li>Child shouldn't attend school</li> <li>Child should get a PCR test</li> <li>Inform school immediately about test results</li> <li>School should provide remote learning if appropriate</li> </ul>  | <p><b>... if the child's test comes back negative</b> provided they have been fever free for the 48 hours before returning to school, and feel well</p>   |
|  <p>...my child tests positive for COVID-19 (coronavirus)</p>                        | <ul style="list-style-type: none"> <li>Child shouldn't attend school</li> <li>Child self-isolates for up to 10 days*** from when symptoms* started (or from day of test if no symptoms)</li> <li>Inform school immediately about test results</li> <li>Household members who are not exempt** should self-isolate for 10 days and take a PCR test</li> <li>Household members who are exempt including children should take daily LFD tests for 7 days.</li> </ul> | <p><b>...after 10 days, or after two negative lateral flow tests taken on consecutive days on the 5<sup>th</sup> and 6<sup>th</sup> complete day of self isolation or later***</b></p> <p>They can return to school after 10 days (or 2 negative tests) even if they have a cough or loss of smell / taste. These symptoms can last for several weeks once the infection is gone. Children must have been fever free for 48 hours and feel well before returning.</p> |
|  <p>...somebody in my household has COVID-19 (coronavirus) symptoms*</p>           | <ul style="list-style-type: none"> <li>Household member with symptoms isolates and should get a PCR test</li> <li>Household contacts must isolate unless they are exempt**</li> </ul>   | <p><b>...your child can attend school as long as they don't have COVID-19 symptoms*</b></p>   |
|  <p>...somebody in my household has tested positive for COVID-19 (coronavirus)</p> | <ul style="list-style-type: none"> <li>The person who has tested positive must self-isolate for up to 10 days** from when symptoms* started (or from day of test if no symptoms)</li> <li>Household members who are not exempt** should self isolate for 10 days</li> <li>Household members who are exempt including children should take daily LFD tests for 7 days</li> </ul>   | <p><b>...your child can attend school as long as they don't have COVID-19 symptoms* and have not tested positive</b></p> <p>Positive household members should not drop off or collect children from school while self isolating.</p>  |

\*Symptoms include at least one of a high temperature; a new continuous cough; a loss of or change to your sense of smell or taste. See more at:

\*\*Exemptions from isolation include adults who are fully/doubled vaccinated (*fully vaccinated means that at least 14 days have passed since you received your second dose of a UK-approved COVID-19 vaccine*), those under the age of 18 and those have taken part in or are currently part of an approved COVID-19 vaccine trial, or are unable to be vaccinated for medical reasons

\*\*\*See overleaf for worked example of calculating isolation periods after a positive test

Isolation for cases lasts **at least 5 full days**








|          |       |       |       |       |       |       |       |       |       |        |
|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|
| Day Zero | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Day 8 | Day 9 | Day 10 |
|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|

Day zero is the day symptoms\* started or the day the test was taken if asymptomatic. Day 1 of isolation is the day after Day Zero

Negative LFD 1

Negative LFD 2

You can leave self isolation on day 6 or later if you test negative 2 days in a row.

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|--|--|---|
|  <p><b>...NHS Test and Trace has identified my child as a 'close contact' of a confirmed COVID-19 case who is not a household member</b></p> | <ul style="list-style-type: none"> <li>Children aged 5-18 are strongly advised to take an LFD test every day for 7 days and continue to attend as normal, unless they have a positive test result or develop symptoms.</li> <li>Rest of household does not need to self-isolate, unless they are a (non-exempt**) 'close contact' too</li> </ul>   | <p><b>..your child can attend school as long as they don't have COVID-19 symptoms* and have not tested positive</b></p> |
|  <p><b>...we / my child has travelled from abroad</b></p>  | <ul style="list-style-type: none"> <li>Do not take unauthorised leave in term time</li> <li>Consider quarantine requirements and FCO advice when booking travel and review this before departure and return</li> <li>Provide information to school as per attendance policy</li> </ul> <p><b>Depending on where you are travelling to and from, there may be requirement for you and your child to isolate and/ or test. For full guidance on travel advice, please visit:</b><br/> <a href="http://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers">www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers</a></p> |   |
|  <p><b>...my child was shielding</b></p>   | <ul style="list-style-type: none"> <li>Shielding has been paused, and there are no children are currently considered to be clinically extremely vulnerable to COVID-19</li> <li>Child should attend school unless advised by a medical consultant</li> </ul>   |   |
|  <p><b>...I am not sure who should get a test for COVID - 19 (coronavirus)</b></p>   | <ul style="list-style-type: none"> <li>People with symptoms* and those who have been in close contact with a confirmed case and are not exempt** need to get a PCR test</li> <li>People without symptoms of secondary school age or over are advised to regularly (twice a week) using a LFD test</li> </ul>   | <p><b>...when conditions overleaf, as matching your situation, are met</b></p>  |
|  <p><b>...I am not sure who should not get a test for COVID -19 (coronavirus)</b></p>  | <ul style="list-style-type: none"> <li>People have tested positive on a PCR test, should not test again for 90 days unless new symptoms develop</li> </ul>   |   |

If anyone in your household has symptoms\*, book a free COVID-19 test at [nhs.uk/coronavirus](http://nhs.uk/coronavirus) or call **119**. For further information visit [gov.uk/backtoschool](http://gov.uk/backtoschool)