





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"> • Child shouldn't attend school • Child should get a PCR test • Inform school immediately about test results • School should provide remote learning if appropriate 	<p>... if the child's test comes back negative 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"> • Child shouldn't attend school • Child self-isolates for at least 10 days from symptoms* starting (or from day of test if no symptoms) • Inform school immediately about test results • For the household members see "somebody in my household has tested positive for COVID-19" • School should provide remote learning if appropriate 	<p>...after 10 days, once child feels better, and has been fever-free for at least 48 hours</p> <p>They can return to school 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</p>
 <p>...somebody in my household has COVID-19 (coronavirus) symptoms*</p>	<ul style="list-style-type: none"> • Person with symptoms isolates and should get a PCR test • Household contacts must isolate unless they are exempt** 	<p>...your child can attend school as long as they don't have COVID-19 symptoms*</p>
 <p>...somebody in my household has tested positive for COVID-19 (coronavirus)</p>	<ul style="list-style-type: none"> • Person who has tested positive must self-isolate for at least 10 days from symptoms* starting (or from day of test if no symptoms) • Household members, including children should go for a PCR test, if positive they must isolate • Household contacts must isolate unless they are exempt** 	<p>...your child can attend school as long as they don't have COVID-19 symptoms* and have not tested positive</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: <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

Self-isolation exemptions

If you live in the same household as someone with COVID-19, or are a close contact of someone with COVID-19, you are not required to self-isolate when any of the following apply:

- you're fully vaccinated (had recommended doses of approved vaccine in UK at least 14 days ago)
 - you're below the age of 18 years and 6 months
- you've taken part in or are currently part of an approved COVID-19 vaccine trial
 - you're not able to get vaccinated for medical reasons

Whenever you have any COVID-19 symptoms, these exemptions do not apply. You should still self-isolate immediately and get a PCR test, even if your symptoms are mild.

What to do if...	Action needed	Back to school...
 <p>...my child has identified my child as a 'close contact' of a confirmed COVID-19 case who is not a household member</p>	<ul style="list-style-type: none"> Child should have a PCR test (unless they are under the age of 5), and if positive they must isolate for 10 days Rest of household does not need to self-isolate, unless a non exempt 'close contact' too 	<p>..your child can attend school as long as they don't have COVID-19 symptoms* and have not tested positive</p>
 <p>...we / my child has travelled from abroad</p>	<ul style="list-style-type: none"> Do not take unauthorised leave in term time Consider quarantine requirements and Foreign and Commonwealth Office advice when booking travel Provide information to school as per attendance policy <p>Depending on where you are travelling to and from, there may be a requirement for you and your child to isolate and/ or test.</p> <p>For full guidance on travel advice, please visit: gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers</p>	
 <p>...my child was shielding</p>	<ul style="list-style-type: none"> Shielding has been paused and all children have been removed from the shielding list and are advised to follow the same guidance as everyone else Child should attend school unless advised otherwise by a medical consultant 	
 <p>...I am not sure who should get a test for COVID - 19 (coronavirus)</p>	<ul style="list-style-type: none"> People with symptoms* and those who have been in close contact with a confirmed case need to get a PCR test People without symptoms and are secondary school age or over are advised to regularly (twice a week) using a LFD test 	<p>...when conditions above, as matching your situation, are met</p>
 <p>...I am not sure who should not get a test for COVID -19 (coronavirus)</p>	<ul style="list-style-type: none"> People who have tested positive on a PCR test, should not test again with PCR for 90 days unless new COVID symptoms* develop, even if they are a close contact of a confirmed case. 	

COVID-19 testing

If anyone in your household has symptoms*, they should self-isolate immediately and book a free PCR test at nhs.uk/coronavirus or call 119

Taking rapid lateral flow tests twice a week is advised for all secondary school and college students and families / households with children of any age. Regular testing can help detect coronavirus when you don't have symptoms. Around 1 in 3 people with COVID-19 don't have any symptoms and could be spreading the virus without knowing it. You can get the free tests from your child's school or college, pharmacies, online at [gov.uk/order-coronavirus-rapid-lateral-flow-tests](https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests) or by calling.

For further information visit [gov.uk/backtoschool](https://www.gov.uk/backtoschool)

Local Public Health and Health Protection Team will continue to work with local schools to manage and provide guidance with single and multiple cases of COVID-19