

## Coronavirus (COVID-19) - Information for parents and carers



### **What are the symptoms of coronavirus?**

One, or more, of the following:

- High temperature – this means feeling hot to touch on the chest or back
- 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)
- Loss of change to smell or taste – meaning not being able to smell or taste anything or things smell or taste different to normal

### **What should I do if my child has these symptoms?**

If your child (or anyone who lives in the same household as your child) has any of these symptoms, you:

- Must not send your child (or any children in your household) to school. If your child develops these symptoms whilst at school, they will be sent home
- Inform the school as soon as possible
- Get a test for your child (and any of your household who have these symptoms)
- Make sure that your child self-isolates straight-away: [Stay at home](#) and [stay at home - easy read](#)
- All household contacts (including siblings within the household) should also isolate

### **When must my child stay away from school (or be sent home from school?)**

Your child must stay away from school (or will be sent home from school) if:

- They have [coronavirus \(COVID-19\) symptoms](#)
- Have tested positive for coronavirus (COVID-19) in the last 10 days
- Are in a household (or support bubble) with individuals who have been tested positive for coronavirus (COVID-19) in the last 14 days
- Have been contacted through the NHS Test and Trace programme and been advised to stay at home
- They are a close contact of a confirmed case (either within the school or from outside of the school – including if the confirmed case is a sibling within the household) – they will need to isolate for 14 days

### **How long should my child self-isolate for?**

Below are different examples and scenarios for self-isolation:

#### **Example 1: Your child has COVID-19 symptoms but hasn't had a test yet or doesn't get a test**

- Your child must self-isolate for **10 days** from when their symptoms first started. They cannot return to school within this time-frame even if these symptoms stop. After the 10 days, they may return to school if well, and have not had symptoms for 48 hours.
- If your child then tests positive, they must continue to self-isolate for **10 days** after their symptoms first started. All household contacts will also need to isolate for 14 days.

#### **Example 2: Your child has COVID-19 symptoms but the test result is negative**

- Inform your school of the outcome (negative) of the test result.
- Your child can return to school when well. If they have had a high temperature, they can return to school 48 hours after their high temperature has lowered and returned to normal.

- Other members of your household can stop self-isolating (unless they are a contact of someone else tested positive – see example 4) as soon as the negative result is received

### **Example 3: Your child tests positive for COVID-19**

- Inform your school of the outcome (positive) of the test result.
- Following this positive test result, you will receive a request by text, email or phone to log into the NHS Test and Trace service website and provide information about recent close contacts.
- Your child must self-isolate (and not return to school) until **the latest** of all the following:
  - 10 days after the onset of their symptoms (or 10 days after the test date if they are asymptomatic)
  - The time at which symptoms, other than cough or loss of smell / taste, are no longer present
  - If suffered from diarrhoea and / or vomiting, when the individual is 48 hours free of the symptoms
  - 48 hours after their high temperature has lowered and returned to normal.
- All household contacts will also need to isolate for 14 days.

### **Example 4: Your child is a contact of someone who has tested positive for COVID-19 (e.g. in school context as shown on previous slide or anyone in or outside their household)**

- Your child must self-isolate for **14 days** from when they were in contact with the person who tested positive. The reason for longer self-isolation is to allow for the incubation period.
- If your child then has a test and the test is negative, they still need to isolate for **14 days**.
- If they develop symptoms and test positive for COVID-19 test, then example 3 “over-rides” example 4 and so their self-isolation is re-set to be 10 days from when their own symptoms first started (see example 3).

### **How can my children (or others) get a coronavirus test and where do we go?**

You do not need to go to a GP surgery, pharmacy or hospital. Tests can be accessed:

- On-line through [online portal](#) or
- By phoning 119 (lines are open 7am to 11pm)

The local testing options are:

- Ricoh Regional Testing Centre - drive through testing – via [online portal](#) or 119.
- Moat Street Car Park – mobile testing unit – drive through – via [online portal](#) or 119.
- Broad Street, Foleshill (next to Broad Street Surgery) – local testing service - via [online portal](#) or 119.
- Home testing – via the [online portal](#).

We recommend using a testing site options (Rico Regional Testing Centre, Moat Street Car Park or Broad Street, Foleshill) for a quicker process. We recommend that where there are challenges booking a test (due to the national context), that you repeatedly attempt to book at test locally – even though this may take some time.