

# Covid-19: Quick reference guide

## Symptoms of Coronavirus (COVID-19)

- **A high temperature** – this means you/your child feels 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 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.**

**UPDATE 18/10/2021: Your child can attend Centre if showing no symptoms of Covid-19 while waiting for a PCR test. A daily LFD test is to be taken while waiting for the PCR test result to arrive.**

What to do if....	Action needed	Return to centre when....
...my child has <b>COVID-19 symptoms</b>	<ul style="list-style-type: none"> <li>• <b>Do not bring or allow the child to attend centre</b></li> <li>• <b>Contact centre to inform us (01442 247476)</b></li> <li>• <b>Get a COVID-19 test</b></li> <li>• Inform centre immediately about the test result</li> </ul>	...the test comes back negative
...my child tests <b>positive for COVID-19</b>	<ul style="list-style-type: none"> <li>• <b>Do not bring or allow the child to attend centre</b></li> <li>• <b>Contact centre to inform us</b></li> <li>• Stay at home and self isolate for <b>at least 10 days</b></li> <li>• Confirm with the centre the earliest date for possible return</li> </ul>	...they can return <b>after 10 days</b> once they feel better even if they have a cough or loss of taste/smell. These symptoms can last for several weeks
...my child tests <b>negative</b>	<ul style="list-style-type: none"> <li>• <b>Contact centre to inform us</b></li> <li>• Discuss when your child can come back (same/next day)</li> </ul>	...the test comes back negative and your child feels well enough to return
... my child is ill with <b>symptoms not linked to COVID-19 (sickness and/or diarrhoea)</b>	<ul style="list-style-type: none"> <li>• <b>Do not bring or allow the child to attend centre</b></li> <li>• <b>Contact centre to inform us</b></li> <li>• Ring on each day of illness</li> </ul>	...after 48 hours following the last bout of sickness or diarrhoea. As per attendance policy.
... my child is ill with <b>symptoms not linked to COVID-19 (runny nose and/or sore throat)</b>	<ul style="list-style-type: none"> <li>• <b>Check temperature and for symptoms of COVID-19</b></li> <li>• If no COVID-19 symptoms, come to centre if well enough</li> <li>• If not well enough, ring on each day of illness</li> </ul>	... they feel better and are showing no symptoms of COVID-19

<p><b>...someone in my household has COVID-19 symptoms</b></p>	<ul style="list-style-type: none"> <li>• <b>Household member to get a COVID-19 test</b></li> </ul>	<p>...child should attend centre unless displaying COVID-19 symptoms.</p>
<p><b>...someone in my child's group has been sent home for COVID-19 symptoms</b></p>	<ul style="list-style-type: none"> <li>• <b>Check temperature and symptoms of COVID-19</b></li> <li>• If no COVID-19 symptoms, come to centre</li> </ul>	<p>...the child can return to centre as normal if they are showing no symptoms of COVID-19</p>
<p><b>...NHS Test and Trace has identified my child as a close contact of somebody with symptoms or confirmed COVID- 19</b></p>	<ul style="list-style-type: none"> <li>• <b>Get a PCR test and wait for result</b></li> <li>• <b>Contact centre to inform us (01442 247476)</b></li> <li>• <b>At home, support your child with remote education</b></li> </ul>	<p>... the test comes back negative</p>
<p><b>...we/my child has travelled abroad and has to self-isolate as a period of quarantine</b></p>	<ul style="list-style-type: none"> <li>• Do not take an unauthorised holiday in term time</li> <li>• Consider requirements and FCO advice when booking travel</li> </ul> <p><b>Returning from a destination where quarantine is needed</b></p> <ul style="list-style-type: none"> <li>• Confirm the earliest date for possible return</li> </ul>	<p>...the quarantine period has been completed</p>