

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.

What to do if....	Action needed	Return to centre when....
...my child has COVID-19 symptoms	<ul style="list-style-type: none"> • Do not bring or allow the child to attend centre • Contact centre to inform us (01442 247476) • Self-isolate the whole household • Get a COVID-19 test • Inform centre immediately about the test result 	...the test comes back negative
...my child tests positive for COVID-19	<ul style="list-style-type: none"> • Do not bring or allow the child to attend centre • Contact centre to inform us • Confirm with the centre the earliest date for possible return (min. 10 days) • Self-isolate the rest of the household for 14 days 	...they can return after 10 days 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 negative	<ul style="list-style-type: none"> • Contact centre to inform us • Discuss when your child can come back (same/next day) 	...the test comes back negative and your child feels well enough to return
... my child is ill with symptoms not linked to COVID-19 (sickness and/or diarrhoea)	<ul style="list-style-type: none"> • Do not bring or allow the child to attend centre • Contact centre to inform us • Ring on each day of illness 	...after 48 hours following the last bout of sickness or diarrhoea. As per attendance policy.
... my child is ill with symptoms not linked to COVID-19 (runny nose and/or sore throat)	<ul style="list-style-type: none"> • Check temperature and for symptoms of COVID-19 • If no COVID-19 symptoms, come to centre if well enough • If not well enough, ring on each day of illness 	... they feel better and are showing no symptoms of COVID-19
...someone in my household has COVID-19 symptoms	<ul style="list-style-type: none"> • Do not bring or allow the child to attend centre • Contact centre to inform us (01442 247476) • Self-isolate the whole household for 14 days • Household member to get a COVID-19 test • Inform centre immediately about the test result 	...the test comes back negative. Family no longer need to self- isolate.
...someone in my child's class has been sent home for COVID-19 symptoms	<ul style="list-style-type: none"> • Check temperature and symptoms of COVID-19 • If no COVID-19 symptoms, come to centre if well enough 	...the child can return to centre as normal if they are showing no symptoms of COVID-19
...my child's class / (bubble) is sent home due to a COVID-19 outbreak in centre	<ul style="list-style-type: none"> • Do not bring or allow the child to attend centre • Your child will need to isolate for 14 days and watch for symptoms • Siblings can continue to attend unless they develop symptoms or a person in the household tests positive • At home, support your child with remote education 	...centre informs you that the bubble will be reopened

<p>...NHS test and trace has identified my child as a close contact of somebody with symptoms or confirmed COVID- 19</p>	<ul style="list-style-type: none"> • Do not bring or allow the child to attend centre • Contact centre to inform us (01442 247476) • Confirm the earliest date for possible return (min. 14 days) • At home, support your child with remote education 	<p>...the child has completed 14 days of isolation</p>
<p>... we/my child has travelled abroad and has to self-isolate as a period of quarantine</p>	<ul style="list-style-type: none"> • Do not take an unauthorised holiday in term time • Consider requirements and FCO advice when booking travel <p>Returning from a destination where quarantine is needed</p> <ul style="list-style-type: none"> • Confirm the earliest date for possible return (min. 14 days) • Self-isolate the whole household 	<p>...the quarantine period of 14 days has been completed</p>
<p>... we have received medical advice that my child must resume shielding</p>	<ul style="list-style-type: none"> • Do not bring or allow the child to attend centre • Contact centre to inform us (01442 247476) • At home, support your child with remote education • Shield until you are informed that restrictions are lifted and shielding is paused again 	<p>...restrictions have been lifted and your child can return to centre again</p>
<p>...we have received advice that another member of the household (not the child attending Centre) must resume shielding.</p>	<ul style="list-style-type: none"> • Contact centre to inform us (01442 247476) 	<p>...the child can attend centre as normal if they are showing no symptoms of COVID-19</p>

