

What to do if my child feels unwell

DOES MY CHILD HAVE ANY OF THE FOLLOWING SYMPTOMS?

- ⇒ **A HIGH TEMPERATURE** - they feel hot to touch on their chest or back (a temperature of 38° or more).
- ⇒ **A NEW CONTINUOUS COUGH** - coughing a lot for more than an hour, or 3 or more coughing episodes In 24 hours (if they usually have a cough, it may be worse than usual).
- ⇒ **A LOSS OR CHANGE TO THEIR SENSE OF SMELL OR TASTE** - they have noticed they cannot smell or taste anything, or things smell or taste different to normal.

YES

NO

- ⇒ Do not send your child to school.
- ⇒ Book a COVID-19 test (<https://www.gov.uk/get-coronavirus-test>).
- ⇒ Your child needs to self-isolate for 10 days starting from the first day they displayed symptoms.
- ⇒ Everyone in your household needs to self-isolate for 14 days.

- ⇒ If your child is well enough (e.g. they have a common cold), they can attend school as normal.
- ⇒ If your child is not well enough to attend school (e.g. they have a sickness bug), keep them at home until they are well enough to return to school.

IF THE TEST IS NEGATIVE

- ⇒ **Inform school of the negative test result.**
- ⇒ Your child can stop self-isolating and return to school if they have not had a temperature for 48 hours.
- ⇒ The rest of your household can stop self-isolating, providing they do not have coronavirus symptoms themselves.

IF THE TEST IS POSITIVE

- ⇒ **Inform school of the positive test result.**
- ⇒ Your child needs to self-isolate for 10 days.
- ⇒ Everyone in your household needs to self-isolate for 14 days.
- ⇒ Follow the government's 'Stay at Home' guidance (<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>).