









# COVID-19 (coronavirus) absence: A quick guide for parents / carers

| What to do if...  | Action needed   | Back to school...   |
|---|---|---|
|  <p><b>...my child has COVID-19 (coronavirus) symptoms*</b></p>                             | <ul style="list-style-type: none"> <li>• Child shouldn't attend school</li> <li>• Child should get a test</li> <li>• Whole household self-isolates while waiting for test result</li> <li>• Inform school immediately about test results</li> </ul>   | <p><b>...when child's test comes back negative</b> provided they have been fever free for the 48 hours before returning to school, and feel well</p>  |
|  <p><b>...my child tests positive for COVID-19 (coronavirus)</b></p>                        | <ul style="list-style-type: none"> <li>• Child shouldn't attend school</li> <li>• Child self-isolates for at least 10 days from when symptoms* started (or from day of test if no symptoms)</li> <li>• Inform school immediately about test results</li> <li>• Whole household self-isolates for 14 days from day when symptoms* started (or from day of test if no symptoms) - <i>even if someone tests negative during those 14 days</i></li> </ul> | <p><b>...after 10 days, once child feels better, and has been fever-free for at least 48 hours</b></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><b>...somebody in my household has COVID-19 (coronavirus) symptoms*</b></p>           | <ul style="list-style-type: none"> <li>• Child shouldn't attend school</li> <li>• Household member with symptoms should get a test</li> <li>• Whole household self-isolates while waiting for test result</li> <li>• Inform school immediately about test results</li> </ul>  | <p><b>...when household member test is negative, and child does not have COVID-19 symptoms*</b></p>   |
|  <p><b>...somebody in my household has tested positive for COVID-19 (coronavirus)</b></p> | <ul style="list-style-type: none"> <li>• Child shouldn't attend school</li> <li>• Whole household self-isolates for 14 days from day when symptoms* started (or from day of test if no symptoms) - <i>even if someone tests negative during those 14 days</i></li> </ul>  | <p><b>...when child has completed 14 days of self-isolation, even if they test negative during the 14 days</b></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. <sup>1</sup>

See more at: [nhs.uk/conditions/coronavirus-covid-19/symptoms](https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms)

| What to do if...   | Action needed  | Back to school...  |
|--|--|--|
|  <p><b>...NHS Test and Trace has identified my child as a 'close contact' of a confirmed COVID-19 (coronavirus) case</b></p> | <ul style="list-style-type: none"> <li>• Child shouldn't attend school</li> <li>• Child self-isolates for 14 days (as advised by NHS Test and Trace) – even if they test negative during those 14 days</li> <li>• Rest of household does not need to self-isolate, unless they are a 'close contact' too</li> </ul>  | <p><b>...when the child has completed 14 days of self-isolation, even if they test negative during those 14 days</b></p>   |
|  <p><b>...we / my child has travelled and has to self-isolate as part of a period of quarantine</b></p>                      | <ul style="list-style-type: none"> <li>• Do not take unauthorised leave in term time</li> <li>• Consider quarantine requirements and FCO advice when booking travel</li> <li>• Provide information to school as per attendance policy</li> </ul> <p><b>Returning from a destination where quarantine is needed:</b></p> <ul style="list-style-type: none"> <li>• Child shouldn't attend school</li> <li>• Whole household self-isolates for 14 days – even if they test negative during those 14 days</li> </ul> | <p><b>...when the quarantine period of 14 days has been completed for the child, even if they test negative during those 14 days</b></p>   |
|  <p><b>...we have received advice from a paediatrician / government letter that my child must resume shielding</b></p>     | <ul style="list-style-type: none"> <li>• Child shouldn't attend school</li> <li>• Contact school as advised by pastoral team</li> <li>• Child should shield until you are informed that restrictions are lifted and shielding is paused again or their paediatrician tells you they can.</li> </ul>  | <p><b>...when school / other agencies inform you that restrictions have been lifted, and your child can return to school again or the paediatrician tells you it is safe</b></p> |
|  <p><b>....I am not sure who should get a test for COVID -19 (coronavirus)</b></p>   | <ul style="list-style-type: none"> <li>• Only people with symptoms* need to get a test</li> <li>• People without symptoms are not advised to get a test, even if they are a 'close contact' of someone who tests positive</li> </ul>   | <p><b>...when conditions above, as matching your situation, are met</b></p>  |

**If anyone in your household has symptoms\*, book a free COVID-19 test at [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or call [119](https://119.gov.uk)**

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