



# COVID-19 INFORMATION FOR PARENTS AND CARERS

**DO NOT SEND YOUR CHILD TO NURSERY/SCHOOL/COLLEGE IF THEY HAVE COVID-19 SYMPTOMS**  
Visit: [www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test) to book a test online, or call 119 if you don't have internet access

YOU SHOULD BOOK A TEST FOR YOUR CHILD IF THEY HAVE ANY OF:



**A HIGH TEMPERATURE**

This means they feel hot to touch on the chest or back (you do not need to measure their 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 they usually have a cough, it may be worse than usual)



**A LOSS OR CHANGE TO THEIR SENSE OF SMELL OR TASTE**

This means they've noticed they cannot smell or taste anything, or things smell or taste different to normal

IF YOUR CHILD DOES NOT HAVE SYMPTOMS OF COVID-19 BUT HAS OTHER COLD-LIKE SYMPTOMS, SUCH AS A RUNNY NOSE OR SORE THROAT, THEY DO NOT NEED TO BE TESTED. THEY AND THE REST OF THEIR HOUSEHOLD DO NOT NEED TO SELF-ISOLATE (UNLESS SOMEONE ELSE IN THE HOUSEHOLD HAS SYMPTOMS OR HAS TESTED POSITIVE, OR YOU HAVE OTHERWISE BEEN ADVISED BY NHS TEST AND TRACE).

**YOUR CHILD CAN ATTEND NURSERY/SCHOOL/COLLEGE IF THEY ARE WELL ENOUGH TO DO SO.**

## WHAT TO DO IF...

<p><b>YOUR CHILD HAS COVID-19 SYMPTOMS</b></p> <ul style="list-style-type: none"> <li>▶ DO NOT SEND YOUR CHILD TO NURSERY/SCHOOL/COLLEGE</li> <li>▶ Whole household begins self-isolation (10 days for a person with symptoms and 14 days for household contacts)</li> <li>▶ Book a COVID-19 test</li> <li>▶ Inform nursery/school/college immediately about test results</li> </ul> <p><i>WHEN CAN MY CHILD RETURN?</i></p> <p>They can return if the test is negative – providing they are well enough, have not had a fever for 48 hours, and haven't been advised to self-isolate by NHS Test and Trace.</p>	<p><b>YOUR CHILD TESTS POSITIVE FOR COVID-19</b></p> <ul style="list-style-type: none"> <li>▶ DO NOT SEND YOUR CHILD TO NURSERY/SCHOOL/COLLEGE</li> <li>▶ Inform nursery/school/college immediately about test result</li> <li>▶ Your child and all household/support bubble members should self-isolate as advised by NHS Test and Trace (anyone with symptoms should book a test)</li> </ul> <p><i>WHEN CAN MY CHILD RETURN?</i></p> <p>They can return after 10 days of isolation, even if they still have a cough/loss of smell or taste. These symptoms can last several weeks.</p>	<p><b>SOMEBODY IN YOUR CHILD'S HOUSEHOLD HAS COVID-19 SYMPTOMS</b></p> <ul style="list-style-type: none"> <li>▶ DO NOT SEND YOUR CHILD TO NURSERY/SCHOOL/COLLEGE</li> <li>▶ The household member should book a COVID-19 test</li> <li>▶ Whole household begins self-isolation (10 days for a person with symptoms and 14 days for household contacts)</li> <li>▶ Inform school immediately about test results.</li> </ul> <p><i>WHEN CAN MY CHILD RETURN?</i></p> <p>They can return if the symptomatic household member's test is negative and your child hasn't been advised to self-isolate by NHS Test and Trace.</p>	<p><b>SOMEBODY IN YOUR CHILD'S HOUSEHOLD TESTS POSITIVE FOR COVID-19</b></p> <ul style="list-style-type: none"> <li>▶ DO NOT SEND YOUR CHILD TO NURSERY/SCHOOL/COLLEGE</li> <li>▶ Inform school immediately about test results</li> <li>▶ Your child and all household/support bubble members should self-isolate as advised by NHS Test and Trace (anyone with symptoms should book a test)</li> </ul> <p><i>WHEN CAN MY CHILD RETURN?</i></p> <p>They can return when they have completed 14 days of self-isolation without any symptoms*.</p>
<p><b>CONTACT TRACING HAS IDENTIFIED YOUR CHILD AS A CLOSE CONTACT</b></p> <ul style="list-style-type: none"> <li>▶ DO NOT SEND YOUR CHILD TO NURSERY/SCHOOL/COLLEGE</li> <li>▶ Your child should self-isolate for at least 14 days, as advised either by NHS Track and Trace or by Public Health England (via their educational setting)</li> </ul> <p><i>WHEN CAN MY CHILD RETURN?</i></p> <p>They can return to school when they have completed 14 days of self-isolation without any symptoms.</p>	<p><b>YOUR CHILD HAS BEEN IN CONTACT WITH SOMEONE WHO HAS BEEN IDENTIFIED AS A CLOSE CONTACT</b></p> <ul style="list-style-type: none"> <li>▶ Attend nursery/school/college as normal</li> <li>▶ If your child does not have any COVID-19 symptoms they should carry on with normal activities</li> </ul>	<p><b>YOUR CHILD HAS TRAVELLED ABROAD AND HAS TO SELF-ISOLATE</b></p> <ul style="list-style-type: none"> <li>▶ DO NOT SEND YOUR CHILD TO NURSERY/SCHOOL/COLLEGE</li> <li>▶ Self-isolate for at least 14 days in line with quarantine advice</li> </ul> <p><i>WHEN CAN MY CHILD RETURN?</i></p> <p>They can return to school when they have completed 14 days of self-isolation without any symptoms.</p>	<p><i>* If your child has been identified as a close contact of a case of COVID-19, or has returned from travel abroad and is self-isolating, they must self-isolate for 14 days – even if they have a negative COVID-19 test result.</i></p>

For further information on COVID-19 in educational settings (including a guide for parents and carers) see: [www.gov.uk/coronavirus/education-and-childcare](http://www.gov.uk/coronavirus/education-and-childcare)