

CORONAVIRUS/ COVID-19

WHAT PARENTS NEED TO DO...

Coronavirus – What do parents need to do?		
What to do if...	Action needed	Return to school when...
My child has coronavirus symptoms	<ul style="list-style-type: none"> • Do not come to school • Contact school daily • Self-isolate • Get a test and inform school about results 	If the test comes back negative and the child no longer has symptoms.
My child tests positive for coronavirus	<ul style="list-style-type: none"> • Do not come to school • Contact school daily • Child to self-isolate for at least 10 days • The rest of the household should self-isolate for 10 days • Inform school immediately about test result 	After 10 days if: - you don't have any symptoms - you just have a cough or changes to your sense of smell or taste – these symptoms can last for weeks after the infection has gone. Keep self-isolating if you feel unwell; - a high temperature or feeling hot and shivery - runny nose or sneezing - feeling or being sick or diarrhoea. After sickness or diarrhoea, stay at home until 48

		hours after they've stopped.
Somebody in my household has coronavirus symptoms	<ul style="list-style-type: none"> • Do not come to school • School will provide work to be completed at home • Contact school daily • Household member to self-isolate for 10 days, get a test and inform school about results • Rest of the household should self-isolate for 10 days 	If the test is negative.
What to do if...	Action needed	Return to school when...
Somebody in my household has tested positive for coronavirus	<ul style="list-style-type: none"> • Do not come to school • School will provide work to be completed at home • Contact school daily • Self-isolate for 10 days 	The child has completed 10 days of self-isolation
NHS test and trace have identified my child as a 'close contact' of somebody with symptoms or	<ul style="list-style-type: none"> • Do not come to school • School will provide work to be completed at home • Contact school daily • Self-isolate for 10 days 	The child has completed 10 days of self-isolation

confirmed coronavirus		
We/my child travelled and has to self-isolate as part of a period of quarantine	<ul style="list-style-type: none"> • Do not take unauthorised leave in term time. If you do, this could result in a Fixed Penalty Notice (fine) or court prosecution. <p><u>where quarantine is needed:</u></p> <ul style="list-style-type: none"> • Do not come to school • Contact school daily • Self-isolate for 14 days 	The quarantine period of 14 days has been completed
We have received medical advice that my child must resume shielding.	<ul style="list-style-type: none"> • Do not come to school • Provide school with your shielding notification and follow guidance. • School will provide work to be completed at home. • Follow agreed contact arrangements. 	School inform you that restrictions have been lifted and your child can return to school again.

Coronavirus (COVID-19) Symptoms

Symptoms: Most people with coronavirus have at least 1 of these symptoms but some people can be infectious and not have any symptoms.

a high temperature – this means you feel 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 or change 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

You must stay at home (self-isolate) again and ask for a test if you get symptoms of coronavirus (COVID-19) more than once.

For further information about self-isolating:

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-long-to-self-isolate/>

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/what-to-do-if-you-get-symptoms-again/>

Support is available from Durham County Council for those people who are self-isolating and are extremely vulnerable or may need extra help. Visit

<http://www.durham.gov.uk/covid19help> for details.

If you need medical advice about your symptoms

Get help at: [NHS 111 online coronavirus service](#)

Call 999 if you feel very unwell or think there's something seriously wrong.

How to Book a Test

If you have coronavirus symptoms, you need to get a test done as soon as possible and within 5 days of symptoms appearing.

Book a visit to a test site to have the test today. Or order a home test kit if you cannot get to a test site.

On days 1 to 4, you can get tested at a site or at home. If you're ordering a home test kit on day 4, do so by 3pm.

On day 5, you need to go to a test site. It's too late to order a home test kit.

Tests can be booked online at:

<https://www.gov.uk/get-coronavirus-test>

If you have problems using the online service, call 119

Lines are open 7am to 11pm.

What the test involves

The test involves taking a swab of the inside of your nose and the back of your throat, using a long cotton bud.

You can do the swab yourself (if you are aged 12 or over) or someone can do it for you. Parents or guardians have to swab test children aged 11 or under.