



## PARENT ADVICE: YOUR CHILD IS DISPLAYING COVID-19 SYMPTOMS

Your child has displayed one or more of the main symptoms of coronavirus (COVID-19). Please refer to the following guidelines:

### Main symptoms

The main symptoms of coronavirus are:

- **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

Most people with coronavirus have at least 1 of these symptoms.

### What to do now

1. Book a test for your child:

**The test needs to be done in the first 5 days of having symptoms.**

**You can request a test by visiting:**

**<https://www.nhs.uk/ask-for-a-coronavirus-test> or contact NHS 119 via telephone**

2. Keep your child and family at home.
3. Inform school of the test result.

**You MUST contact school and advise them of anyone at the school that your child had close contact with on 01332 270450.**

## Self-isolation when you test positive for Covid-19

Self-isolation is when you do not leave your home because you have or might have coronavirus (COVID-19). This helps stop the virus spreading to other people. Self-isolation is different to:

- [social distancing](#) – general advice for everyone to avoid close contact with other people
- [shielding](#) – advice for people at high risk from coronavirus

### Don't

- You must not leave your home if you're self-isolating
- do not go to work, school or public places – work from home if you can
- do not go on public transport or use taxis
- do not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- do not have visitors in your home, including friends and family – except for people providing essential care
- do not go out to exercise – exercise at home or in your garden, if you have one

## How long to self-isolate for

Your child will need to self-isolate from the date of the positive test. However, they may be able to end their self-isolation period before the end of 10 full days. They can take an LFD test from 5 days after the day their symptoms started (or the day their test was taken if they did not have symptoms), and another LFD test on the following day. The second LFD test should be taken at least 24 hours later. If both these test results are negative, and they do not have a high temperature, they may end their self-isolation after the second negative test result. If they are still receiving a positive LFD test result then they will need to self-isolate for the full 10 days. If one of your family members test positive for Covid-19 and you have any other children that attend school, can they please take daily Lateral Flow Device tests before they come into school. If the result is positive, please follow the guidance above.

## Year Team

Your child's Year Team will call you for updates, see table below. Please provide as much information as possible when you are contacted to ensure that your child can return to school as soon as possible.

YEAR 7		YEAR 8		YEAR 9	
HoY:	Mrs J Bruce	HoY:	Mr A Bult	HoY:	Mr S Mumtaz
DHoY:	Ms A Rerrie	DHoY:	Mr T Proudlove	DHoY:	Mr R Timmins
YEAR 10		YEAR 11			
HoY:	Mr K Day	HoY:	Mr D Cholerton		
DHoY:	Mrs A Kamaran	DHoY:	Mrs D Richards		

