



Coronavirus related absences, quick reference guide for Paces parents and carers.

What to do if...	Action needed	Notes	Return to school when...
...my child has coronavirus symptoms	<ul style="list-style-type: none"> Do not come to school Contact school to say – my child is ill with coronavirus symptoms Contact SEN transport and let them know your child is not coming to school Self-isolate including all household members Get a test for your child Inform school immediately about test result 	<ul style="list-style-type: none"> Link on how to get a test 	<p>...the test comes back negative and your child is no longer unwell.</p> <p>Or (if you can't get a test) ...after at least 10 days from the day your child became ill with coronavirus symptoms.</p>
...my child tests positive for coronavirus	<ul style="list-style-type: none"> Do not come to school Inform school immediately about test result Child self-isolate for at least 10 days from the day when your child first became ill all other household members to self-isolate for 14 days 	<ul style="list-style-type: none"> The 10 day period starts from the day when your child first became ill Be prepared to discuss with Track and Trace and/or School who your child has been in close contact with in the 48 hours before becoming ill 	<p>...they feel better and only after a 10 day period.</p> <p>Your child can return to school after 10 days even if they have a cough or loss of smell/taste. This is because a cough or loss of smell/taste can last for several weeks once the infection has gone.</p>
...somebody in my household has coronavirus symptoms	<ul style="list-style-type: none"> Do not come to school Contact school to say – my child is well but family member is ill with coronavirus symptoms Child self-isolates along with all household members Household member to get a test Inform school immediately about test result 	<ul style="list-style-type: none"> Link on how to get a test 	<p>....the household member test result is negative.</p>
...somebody in my household has tested positive for coronavirus	<ul style="list-style-type: none"> Do not come to school Inform school immediately about test result Child self-isolates for 14 days along with all other household members 	<ul style="list-style-type: none"> The 14 day self-isolation period for your child starts from the day when your household member first became ill 	<p>...the child has completed 14 days of self-isolation.</p>
...NHS track and trace have identified my child as a 'close contact' of somebody with symptoms or confirmed coronavirus	<ul style="list-style-type: none"> Do not come to school Contact school to say – contacted by track and trace and identified as close contact Child self-isolate for 14 days 	<ul style="list-style-type: none"> Depending on the circumstances, your child might be the only person in your household that is advised to self-isolate Follow track and trace advice 	<p>...your child has completed 14 days of self-isolation.</p>



...we/my child has travelled abroad and have to self-isolate for a period/part of a period of quarantine	<ul style="list-style-type: none">• Do not come to school• Contact school• Consider quarantine requirements and FCO advice when booking and before travel• Child self-isolates along with all household members for 14 days	<ul style="list-style-type: none">• If you find yourself needing to self-isolate due to regulations in the UK changing whilst you are out of the country, the same actions apply.	...the quarantine period of 14 days has been completed.
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Frequently asked questions:

What are the main symptoms of coronavirus?

The medical advice is clear: you must self-isolate if you have coronavirus symptoms or live in the same household as somebody who does.

- high temperature –(of over 37.8) this means you feel hot to touch on your chest or back
- 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)
- 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

Can the siblings or the parents of a child who has been self-isolating (due to being a contact of a case) attend school/work?

Yes, other household members of the contact do not need to self-isolate unless the child they live with in that group subsequently develops symptoms.

Can my child return to school if they are still coughing after a period of illness at home?

If your child is **well** but still has a cough after a period of illness:

1. Yes, if they tested positive for coronavirus, have self-isolated for 10 days and are feeling **well** – your child can return to school as a cough can last for several weeks once the infection has gone.
2. Yes, if they had coronavirus symptoms, got a test, the result was negative and they are feeling **well** – your child can return to school as a cough can last for several weeks once an infection has gone.



If your child has a cough and continues to be **unwell**:

1. No, your child needs to stay home until they are feeling **well**.

Can I send my child to school if they have a stuffy and runny nose?

1. Yes, if your child has no coronavirus symptoms and is **well**, even though they have a slight stuffy and runny nose – your child can come to school.
2. No, if your child is **unwell** and has a stuffy and runny nose – your child needs to stay home until they are feeling **well**.

As a general rule:

- if your child is **unwell**, they need to stay at home until they are feeling **well**.
- if your child is feeling **well**, even if they still have a runny nose and or a cough, then can come to school.

Cautious note: a number of other illnesses and viruses can cause a high temperature. A high temperature is also a coronavirus symptom. At present, we must follow government guidance and if your child develops a high temperature, you must keep your child at home, ring 111 for advice and be prepared to get a test.