





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

What to do if...	Action needed	Back to school...
 <p>...my child has COVID-19 (coronavirus) symptoms*</p>	<ul style="list-style-type: none"> Child shouldn't attend school Child should get a PCR test Inform school immediately about test results School should provide remote learning if appropriate 	<p>... if the child's test comes back negative provided they have been fever free for the 48 hours before returning to school, and feel well</p>
 <p>...my child tests positive for COVID-19 (coronavirus)</p>	<ul style="list-style-type: none"> Child shouldn't attend school Child self-isolates for up to 10 days*** from when symptoms* started (or from day of test if no symptoms) Inform school immediately about test results Household members who are not exempt** should self-isolate for 10 days and take a PCR test Household members who are exempt including children should take daily LFD tests for 7 days. 	<p>...after 10 days, or after two negative lateral flow tests taken on consecutive days on the 5th and 6th complete day of self isolation or later***</p> <p>They can return to school after 10 days (or 2 negative tests) even if they have a cough or loss of smell / taste. These symptoms can last for several weeks once the infection is gone. Children must have been fever free for 48 hours and feel well before returning.</p>
 <p>...somebody in my household has COVID-19 (coronavirus) symptoms*</p>	<ul style="list-style-type: none"> Household member with symptoms isolates and should get a PCR test Household contacts must isolate unless they are exempt** 	<p>...your child can attend school as long as they don't have COVID-19 symptoms*</p>
 <p>...somebody in my household has tested positive for COVID-19 (coronavirus)</p>	<ul style="list-style-type: none"> The person who has tested positive must self-isolate for up to 10 days** from when symptoms* started (or from day of test if no symptoms) Household members who are not exempt** should self isolate for 10 days Household members who are exempt including children should take daily LFD tests for 7 days 	<p>...your child can attend school as long as they don't have COVID-19 symptoms* and have not tested positive</p> <p>Positive household members should not drop off or collect children from school while self isolating.</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. See more at:

**Exemptions from isolation include adults who are fully/doubled vaccinated (*fully vaccinated means that at least 14 days have passed since you received your second dose of a UK-approved COVID-19 vaccine*), those under the age of 18 and those have taken part in or are currently part of an approved COVID-19 vaccine trial, or are unable to be vaccinated for medical reasons

***See overleaf for worked example of calculating isolation periods after a positive test

Isolation for cases lasts **at least 5 full days**








Day Zero	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
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Day zero is the day symptoms* started or the day the test was taken if asymptomatic. Day 1 of isolation is the day after Day Zero

Negative LFD 1

Negative LFD 2

You can leave self isolation on day 6 or later if you test negative 2 days in a row.

What to do if...	Action needed	Back to school...
 <p>...NHS Test and Trace has identified my child as a 'close contact' of a confirmed COVID-19 case who is not a household member</p>	<ul style="list-style-type: none"> Children aged 5-18 are strongly advised to take an LFD test every day for 7 days and continue to attend as normal, unless they have a positive test result or develop symptoms. Rest of household does not need to self-isolate, unless they are a (non-exempt**) 'close contact' too 	<p>..your child can attend school as long as they don't have COVID-19 symptoms* and have not tested positive</p>
 <p>...we / my child has travelled from abroad</p>	<ul style="list-style-type: none"> Do not take unauthorised leave in term time Consider quarantine requirements and FCO advice when booking travel and review this before departure and return Provide information to school as per attendance policy <p>Depending on where you are travelling to and from, there may be requirement for you and your child to isolate and/ or test. For full guidance on travel advice, please visit: www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers</p>	
 <p>...my child was shielding</p>	<ul style="list-style-type: none"> Shielding has been paused, and there are no children are currently considered to be clinically extremely vulnerable to COVID-19 Child should attend school unless advised by a medical consultant 	
 <p>...I am not sure who should get a test for COVID - 19 (coronavirus)</p>	<ul style="list-style-type: none"> People with symptoms* and those who have been in close contact with a confirmed case and are not exempt** need to get a PCR test People without symptoms of secondary school age or over are advised to regularly (twice a week) using a LFD test 	<p>...when conditions overleaf, as matching your situation, are met</p>
 <p>...I am not sure who should not get a test for COVID -19 (coronavirus)</p>	<ul style="list-style-type: none"> People have tested positive on a PCR test, should not test again for 90 days unless new symptoms develop 	

If anyone in your household has symptoms*, book a free COVID-19 test at nhs.uk/coronavirus or call **119**. For further information visit gov.uk/backtoschool