



Coronavirus (COVID-19) Guidance for Parents and Carers

The most important action that we can all take to help prevent the spread of the virus is **minimising contact with individuals who are unwell** by ensuring that those who have coronavirus (COVID-19) symptoms, or who have someone in their household or support bubble who does, do not attend school or work and get tested.

The NHS Test and Trace service forms a central part of the Government's COVID-19 recovery strategy, which seeks to help the nation return to normal as soon as possible for as many people as possible, in a way that is safe and protects our NHS and social care sector. This service will also play a vital role in providing an early warning if COVID-19 activity is increasing locally, regionally or nationally. This information will then be used to inform the Government's approach to stopping the spread of the virus.

This guidance explains:

- what you should do if your child, or a member of your household or support bubble, has coronavirus symptoms
- what you should do if your child, or a member of your household or support bubble, has a test for coronavirus
- what you should do if a member of your household or support bubble is contacted by NHS Test and Trace and told to self-isolate

1. What is the NHS Test and Trace service?

The NHS Test and Trace service:

- provides testing for anyone who has symptoms of coronavirus (COVID-19) to find out if they have the virus
- gets in touch with anyone who has had a positive test result to help them share information about any close recent contacts they have had
- alerts those contacts, where necessary, and notifies them they need to self-isolate to help stop the spread of the virus

By following instructions to self-isolate, people who have had **close recent contact** with someone with coronavirus (COVID-19) will be protecting their family, friends, colleagues and other people around them, and will play a direct role in stopping the spread of the virus.

2. What does 'close recent contact' mean'?

A 'contact' is a person who has **been close to someone who has tested positive for COVID-19 anytime from 2 days before the person was symptomatic up to 10 days from onset of symptoms** (this is when they are infectious to others). A contact can be:



- a person who has had **face-to-face contact (within one metre)**, with someone who has tested positive for COVID-19, including:
 - having a **face-to-face conversation within one metre**
 - **being coughed on**
 - having **skin-to-skin physical contact**, or
 - contact within **one metre for one minute or longer without face-to-face contact** (e.g. sitting next to someone who has tested positive)
- a person who has been **within 2 metres** of someone who has tested positive for COVID-19 **for more than 15 minutes**
- a person who has **travelled in a small vehicle with someone who has tested positive** for COVID-19

3. What are the symptoms of coronavirus?

The main symptoms of coronavirus (COVID-19) are:

- **high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **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

Most people with coronavirus (COVID-19) have at least one of these symptoms.

4. What if my child has symptoms of coronavirus?

If your child develops symptoms of coronavirus (COVID-19) **they must not attend School**. Contact the 24-hour absence line on: **01752 402679 at the menu choose option 1 OR for Post 16 choose Option 2 by 09.30am**, to report your child's absence from School. It is really important that you state clearly that your child has coronavirus symptoms. Your child's Head of Year or Assistant Head of Year will contact you to discuss the best way for your child to be tested.

Your child, and all members of your household and/or support bubble, should [isolate at home](#) in line with government guidance.

Your child, and all members of your household and/or support bubble, must continue to isolate at home until you receive the result of your child's test.

5. What if a member of my household or support bubble, other than my child, has symptoms of coronavirus?

If any member of your household or support bubble develops symptoms of coronavirus (COVID19) (as described above) **your child must not come into School**. Contact the 24-hour absence line on **01752 402679 at the menu choose option 1 OR for Post 16 choose Option 2 by 09.30am** report your child's absence from School. It is really important that you state clearly that someone in your household or support bubble has coronavirus symptoms.

All members of your household and/or support bubble, should [isolate at home](#) in line with government guidance.

Any members of your household or support bubble with symptoms should make arrangements to have a test. You can apply [online](#) or you can ring 119.

All members of your household and/or support bubble, must continue to isolate at home until you receive the results of tests.

6. What if my child's test result is positive?

A positive result means that your child had coronavirus (COVID-19) when the test was done. If you get a positive result, your child must continue to isolate for 10 days from when their symptoms started.

Anyone you live with who does not have symptoms must isolate at home for 14 days. Read more about [how long to self-isolate for](#).

Please inform the School immediately that your child has tested positive for coronavirus.

After 10 days, your child can end their isolation and return to School if they do not have symptoms other than a cough or loss of sense of smell or taste. If they still have a high temperature, they should keep self-isolating until their temperature returns to normal. If your child still has a high temperature after 10 days, you should seek medical advice.

After 10 days, if your child just has a cough or a loss of, or change in, their normal sense of taste or smell (anosmia), they do not need to continue to self-isolate. This is because a cough or anosmia can last for several weeks once the infection has gone. The 10-day period starts from the day when your child first became ill.

7. What if a member of my household or support bubble has a test and it is positive?

A positive result means that a member of your household or support bubble had coronavirus (COVID-19) when the test was done. If someone you live with gets a positive result everyone in your household and/or support bubble must keep isolating at home.

The household or support bubble member who has had a positive result must self-isolate for at least 10 days from when their symptoms started. All other household and/or support bubble members must stay at home and not leave the house for 14 days. Read more about [how long to self-isolate for](#).

Please inform School immediately that a member of your household or support bubble has tested positive for coronavirus.

8. What if my child's test result is negative?

A negative result means your child did not have coronavirus (COVID-19) when the test was done.

Your child can stop self-isolating and return to School if they test negative, as long as:

- everyone you live with or in your support bubble who has coronavirus (COVID-19) symptoms also tests negative. (If someone in your household or support bubble tests positive, or has symptoms and has not been tested, you, and everyone in your household and/or support bubble, must keep [self-isolating](#))
- your child feels well

Your child could still get coronavirus (COVID-19) after testing negative. If your child develops coronavirus symptoms after testing negative, they, and your household and/or support bubble, must self-isolate. (See 4. *What if my child has symptoms of coronavirus?*)

Please note that the advice is different if your child been told by NHS Test and Trace that they have been in contact with someone who has coronavirus (COVID-19): they will still need to self-isolate if they test negative. (See 10. *What if someone in my household or support bubble is contacted by NHS Test and Trace and told to isolate?*).

9. What if a member of my household or support bubble has a test and it is negative?

A negative result means that the member of your household or support bubble did not have coronavirus (COVID-19) when the test was done.

Your household and/or support bubble can stop self-isolating, and your child can return to School, as long as:

- nobody in your household or support bubble has symptoms of coronavirus (COVID-19)
- everyone you live with or in your support bubble who has coronavirus (COVID-19) symptoms also tests negative.

10. What if someone in my household or support bubble is contacted by NHS Test and Trace and told to isolate?

If someone in your household or support bubble is told that they have been in contact with a person who has coronavirus (COVID-19), they must stay at home (self-isolate) for 14 days from the day they were last in contact with the person; it can take up to 14 days for symptoms to appear.

Only the person that has been in contact with a confirmed case of coronavirus needs to self-isolate: the people they live with or in their support bubble do not need to self-isolate if they do not have symptoms. You should try to avoid contact with the member of your household or support bubble who has been in contact with a confirmed case as much as possible.

You cannot have a test unless you develop symptoms of coronavirus (COVID-19).

If someone in your household or support bubble has been contacted by NHS Test and Trace and they develop symptoms of coronavirus:

- they should arrange to have a test
- everyone in your household and/or support bubble must self-isolate until the person with symptoms has been tested and received their result

If they test negative (they do not have coronavirus):

- they must keep self-isolating for 14 days from when they were last in contact with the person who has coronavirus because they could get symptoms after being tested
- other people in your household and/or support bubble can stop self-isolating if they do not have symptoms

If they test positive (they have coronavirus):

- they must self-isolate for at least 10 days from when their symptoms started, even if it means they're self-isolating for longer than 14 days
- everyone in your household and/or support bubble must self-isolate for 14 days from when the person with coronavirus's symptoms started
- please inform the School that someone in your household or support bubble has tested positive for coronavirus (See 7. *What if a member of my household or support bubble has a test and it is positive?*)

Anyone who does not develop symptoms of coronavirus can stop self-isolating after 14 days.

Information for parents and carers on suspected COVID-19 (coronavirus) in a child at Plymstock School

WHEN TO SUSPECT COVID-19 IN YOUR CHILD:

if they develop symptoms of a new continuous cough and/or high temperature and/or a loss of, or change in, normal sense of taste or smell (anosmia)

Do not send your child to School. Inform Plymstock School through absence reporting on : **01752 402679 from the menu choose option 1 OR choose option 2 Post 16**

If your child develops symptoms at School, they will be separated from others and will **be sent home**

If your child (or anyone in your household) has symptoms they must arrange a test **as soon as possible** and isolate at home for **10 days** from date of onset of symptoms (or until they receive a negative result). Everyone else in the household who does not have symptoms must isolate at home for 14 days (or until the symptomatic household member receives a negative result)

Arrange for a coronavirus test for anyone in your household with symptoms either online via www.nhs.uk/coronavirus or call **NHS testing line on 119**. The test must be done within **five days** of when symptoms start. Contact the 24-hour Plymstock School: **01752 402679 choose option 1 from the menu or for Post 16 choose option 2** if the results are received outside usual working hours

You will be offered a test at your closest drive-through centre. This is the quickest option. A parent or carer will need to perform the test on children under 12 years old. If you don't drive, you can request a home test kit. **Do not** get a taxi or public transport to the test centre

Result of test (you will receive this by email or text message)

NEGATIVE

Child/staff member can return to School once well, unless they are a contact of a case, when they will need to complete 14 days self-isolation

If your child is identified as having been in contact with a confirmed case they will need to self-isolate for 14 days, even if they have had a negative test result. If they develop symptoms, they should isolate for 10 days from onset of symptoms, arrange testing and follow the flowchart above

For medical advice call NHS 111, or in an emergency call 999

POSITIVE

Inform Plymstock School as soon as possible, even if outside opening hours. The child's close contacts within School will be directed to self-isolate for 14 days

Ensure the child who has tested positive completes the **10 day** isolation period (from date of onset of symptoms)*. Household members without symptoms should complete 14 days isolation above

NHS Test & Trace will send you a text or email alert or call you with instructions of how to share details of people with whom you have had close, recent contact and places you have visited

*If the child is a confirmed case they can return to School after 10 days. If they still have a temperature, diarrhoea or are being sick they should wait until 48 hours after these symptoms stop. If the child does not develop symptoms, but lives in a household with someone who has tested positive, they can return to School after completing 14 days self-isolation at home