COVID-19 Self-Isolation Guidance for Parents/Carers

If your child has symptoms or has tested positive...

Your child must self-isolate immediately if:

- **they have any symptoms of coronavirus which are:**
  - **a high temperature,**
  - **a new, continuous cough or**
  - **a loss or change to your sense of smell or taste.**
- **they've tested positive for coronavirus**

If your child has any of these symptoms KEEP THEM AT HOME! DO NOT SEND THEM INTO SCHOOL! Take them for a test as soon as possible and please let us know the outcome of the test! Call 119 to book a test.

If your child has symptoms or has tested positive for coronavirus:
- they need to self-isolate for at least 10 days.
- the 10 days starts from when the symptoms started.

If your child lives with someone who has symptoms or tested positive

Your child should self-isolate for 14 days if they live with (or are in a support bubble with) someone who:
- has symptoms of coronavirus, has tested positive, had an unclear result or did not have a test.
- tested positive but has not had symptoms.

If a household member tests positive, your child must self isolate for 14 days regardless if they test negative themselves. This is because it can take 14 days for symptoms to appear.

The 14 days starts from:
- when the first person in your home or support bubble started having symptoms
- the day they were tested, if they did not have symptoms.

Stop self-isolating after 14 days if your child does not get symptoms!

Keep self-isolating and get a test if they get symptoms!

If your child has symptoms while they are self-isolating (when they live with someone who has symptoms or has tested positive), get them tested!

- if your child's test is negative, you should make sure that they self-isolate for the rest of the 14 days. This is because it can take 14 days for symptoms to appear.
- they can return if everyone they live with tests negative or if no one else in the house has any symptoms.
- if the test is positive, your child should self-isolate for 10 days from when the symptoms started. This might mean they are self-isolating for longer than 14 days overall.

Getting your child's test results!

You'll get a text or email when your child's result is ready. Most people get their test results the day after taking the test. Some results might take longer, but you should get them in 72 hours.

Stay at home!

If your child has had a test because they have symptoms, they and anyone they live with, must stay at home (self-isolate) until they get their results.

Negative test result

A negative result means the test did not find coronavirus. **Your child does not need to self-isolate and can return to school after receiving a negative result, as long as:**

- **everyone they live with who has symptoms tests negative.**
- **everyone in their support bubble who has symptoms tests negative.**
- **they were not told to self-isolate for 14 days by NHS Test and Trace.**
- **they feel well – if they feel unwell, stay at home until they're feeling better.**

Positive test result

A positive result means your child had coronavirus when the test was done.
If the test is positive, they must self-isolate immediately and anyone in the same household or support bubble, must self-isolate for 14 days!

Unsure? Please call us and we can guide you through the process!

Need a test? Call 119 or visit:
https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name