





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







ST HILDA'S  
CE HIGH SCHOOL

What to do if...	Action needed	Back to school...
 <p><b>...my child has COVID-19 (coronavirus) symptoms*</b></p>	<ul style="list-style-type: none"> <li>• Child shouldn't attend school</li> <li>• Child should get a test</li> <li>• Whole household self-isolates while waiting for test result</li> <li>• Inform school immediately about test results</li> </ul>	<p><b>...when child's test comes back negative and child is well enough</b></p>
 <p><b>...my child tests positive for COVID-19 (coronavirus)</b></p>	<ul style="list-style-type: none"> <li>• Child shouldn't attend school</li> <li>• Child self-isolates for at least 10 days from when symptoms* started (or from day of test if no symptoms)</li> <li>• Inform school immediately about test results</li> <li>• Whole household self-isolates for 14 days from day when symptoms* started (or from day of test if no symptoms) - <i>even if someone tests negative during those 14 days</i></li> </ul>	<p><b>...when child feels better, and has been without a fever for at least 48 hours</b></p> <p>They can return to school after 10 days even if they have a cough or loss of smell / taste. These symptoms can last for several weeks once the infection is gone.</p>
 <p><b>...somebody in my household has COVID-19 (coronavirus) symptoms*</b></p>	<ul style="list-style-type: none"> <li>• Child shouldn't attend school</li> <li>• Household member with symptoms should get a test</li> <li>• Whole household self-isolates while waiting for test result</li> <li>• Inform school immediately about test results</li> </ul>	<p><b>...when household member test is negative, and child does not have COVID-19 symptoms*</b></p>
 <p><b>...somebody in my household has tested positive for COVID-19 (coronavirus)</b></p>	<ul style="list-style-type: none"> <li>• Child shouldn't attend school</li> <li>• Whole household self-isolates for 14 days from day when symptoms* started (or from day of test if no symptoms) - <i>even if someone tests negative during those 14 days</i></li> </ul>	<p><b>...when child has completed 14 days of self-isolation, even if they test negative during the 14 days</b></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:

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

What to do if...	Action needed	Back to school...
 <p><b>...NHS Test and Trace has identified my child as a 'close contact' of somebody with symptoms* or confirmed COVID-19 (coronavirus)</b></p>	<ul style="list-style-type: none"> <li>• Child shouldn't attend school</li> <li>• Child self-isolates for 14 days (as advised by NHS Test and Trace) – even if they test negative during those 14 days</li> <li>• Rest of household does not need to self-isolate, unless they are a 'close contact' too</li> </ul>	<p><b>...when the child has completed 14 days of self-isolation, even if they test negative during those 14 days</b></p>
 <p><b>...we / my child has travelled and has to self-isolate as part of a period of quarantine</b></p>	<ul style="list-style-type: none"> <li>• Do not take unauthorised leave in term time</li> <li>• Consider quarantine requirements and FCO advice when booking travel</li> <li>• Provide information to school as per attendance policy</li> </ul> <p><b>Returning from a destination where quarantine is needed:</b></p> <ul style="list-style-type: none"> <li>• Child shouldn't attend school</li> <li>• Whole household self-isolates for 14 days – even if they test negative during those 14 days</li> </ul>	<p><b>...when the quarantine period of 14 days has been completed for the child, even if they test negative during those 14 days</b></p>
 <p><b>...we have received advice from a medical / official source that my child must resume shielding</b></p>	<ul style="list-style-type: none"> <li>• Child shouldn't attend school</li> <li>• Contact school as advised by attendance officer / pastoral team</li> <li>• Child should shield until you are informed that restrictions are lifted and shielding is paused again</li> </ul>	<p><b>...when school / other agencies inform you that restrictions have been lifted and your child can return to school again</b></p>
 <p><b>....I am not sure who should get a test for COVID -19 (coronavirus)</b></p>	<ul style="list-style-type: none"> <li>• Only people with symptoms* need to get a test</li> <li>• People without symptoms are not advised to get a test, even if they are a 'close contact' of someone who tests positive</li> </ul>	<p><b>...when conditions above, as matching your situation, are met</b></p>

**For further information:**

[gmhscp.contacttracing@nhs.net](mailto:gmhscp.contacttracing@nhs.net)

[gov.uk/backtoschool](https://www.gov.uk/backtoschool)