



## Covid-19 related student absence

### A quick reference guide for parents (Updated: 18-01-2022)

What to do if.....	Action needed	Return to school when.....
<p><b>My child has Covid-19 symptoms:</b></p> <ul style="list-style-type: none"> <li>• <b>HIGH TEMPERATURE</b> – this means the child feels hot to touch on their chest or back and/or their temperature is above 38°C.</li> <li>• <b>A NEW CONTINUOUS COUGH</b> – this means coughing a lot longer than an hour, or 3 or more coughing episodes in 24 hours.</li> <li>• <b>A LOSS OR CHANGE TO YOUR SENSE OF SMELL OR TASTE</b> – this means you’ve noticed you cannot smell or taste anything.</li> </ul>	<p><b>DO NOT SEND CHILD TO SCHOOL</b> <b>CONTACT THE SCHOOL</b></p> <p>Get a PCR test to check if the child has coronavirus as soon as possible.</p> <p><b>INFORM SCHOOL IMMEDIATELY ABOUT TEST RESULTS</b></p> <p>Whilst awaiting the PCR result, the individual should stay at home and self-isolate immediately. The self-isolation period starts immediately from when the symptoms started. The self-isolation period includes the day the symptoms started, and the next 10 full days. It may be possible to end the self-isolation earlier (see below).</p> <p>The student who is self-isolating with COVID-19 has the option to reduce their isolation period after 5 full days if they test negative with an LFD test on both day 5 and day 6 and they do not have a temperature. For example, if they test negative on the morning of day 5 and the morning of day 6, they can return to school immediately on day 6.</p> <p>The first test must be taken no earlier than day 5 of the self-isolation period, and the second must be taken the following day. All test results should be reported to NHS Test and Trace.</p> <p>If the result of either test is positive, they should continue to self-isolate until they get negative results from two LFD tests on consecutive days or until they have completed 10 full days of self-isolation, whichever is earliest.</p> <p>The new rules also apply to people who are already isolating – so if someone was already isolating before Monday 17 January, they can take LFD tests on day 5 and 6 and if they are both negative and they have no temperature they can end their isolation.</p> <p>Anyone who is unable to take LFD tests or anyone who continues to have a temperature will need to complete the full 10-day period of self-isolation.</p>	<p>Either after 10 days or after two negative lateral flow tests taken <i>after</i> Day 6 of isolation.</p>
<p><b>My child tests positive for Covid-19 with a Lateral Flow Device (LFD) Test.</b></p>	<p><b>DO NOT SEND CHILD TO SCHOOL</b> <b>CONTACT THE SCHOOL</b></p> <p>LFD tests are mainly used in people who do not have symptoms of COVID-19. If the student takes an LFD test and the result is positive, you should report the result and follow the self-isolation guidance. You do not need to take a follow-up PCR test.</p>	<p>Either after 10 days or after two negative lateral flow tests taken <i>after</i> Day 5 of isolation.</p>
<p><b>My child is ill with symptoms not linked to Covid-19.</b></p>	<p><b>FOLLOW USUAL SCHOOL ABSENCE POLICY PROCEDURE</b></p>	<p>If sickness/diarrhoea is the cause of absence, return after 48 hours of last bout.</p>
<p><b>Someone in my household has Covid-19 symptoms.</b></p>	<p><b>CONTACT THE SCHOOL</b></p> <p>Anyone else who has any of the main symptoms of COVID-19 should stay at home, self-isolate immediately and order a PCR test unless they have already taken an LFD test and the result was positive.</p> <p>If household members do not have symptoms of COVID-19 and live in the same household as someone with COVID-19, they are legally required to self-</p>	<p>No need to self-isolate. Only self-isolate if PCR test is positive.</p>

What to do if.....	Action needed	Return to school when.....
	<p>isolate unless they meet any of the following conditions:</p> <ul style="list-style-type: none"> <li>• they are fully vaccinated – fully vaccinated means having had 2 doses of an approved vaccine such as Pfizer BioNTech, AstraZeneca or Spikevax (formerly Moderna); NB. People are also fully vaccinated if they have had one dose of the single-dose Janssen vaccine</li> <li>• they are aged under 18 years</li> <li>• they have taken part in or are currently part of an approved COVID-19 vaccine trial</li> <li>• they are not able to get vaccinated for medical reasons</li> </ul> <p>If household members are aged 5 years and over and live in the same household as someone with COVID-19, and are not legally required to self-isolate, they are strongly advised to:</p> <ul style="list-style-type: none"> <li>• take an LFD test every day for 7 days, or until 10 days after the household member who has COVID-19 started their self-isolation period if this is earlier</li> <li>• take this daily LFD test before leaving the home for the first time that day</li> <li>• report the LFD test results after taking each test – reporting positive LFD test results means that NHS Test and Trace can get in touch with contacts and advise them on what to do; reporting negative LFD test results helps NHS Test and Trace understand more about the spread of COVID-19</li> <li>• If an LFD test is taken and the result is positive, the household member should immediately self-isolate to prevent them from passing the infection on to other people and follow the advice for people who have COVID-19. It is not necessary to take a follow-up PCR test.</li> </ul> <p>If the daily LFD test result is negative, it is likely that the household member was not infectious at the time the test was taken. To further reduce the chance of passing COVID-19 on to others, household members are strongly advised:</p> <ul style="list-style-type: none"> <li>• to limit close contact with other people outside the household, especially in crowded, enclosed or poorly ventilated spaces</li> <li>• for adults to work from home if they are able to</li> <li>• in addition to venues where it is a legal requirement, to wear a face covering in crowded, enclosed or poorly ventilated spaces and where household members are in close contact with other people</li> <li>• to limit contact with anyone who is at higher risk of severe illness if infected with COVID-19</li> <li>• to follow the guidance on how to stay safe and help prevent the spread of COVID-19</li> </ul>	

What to do if.....	Action needed	Return to school when.....
<p><b>Someone in my household tests positive for Covid-19.</b></p>	<p><b>CONTACT THE SCHOOL</b></p> <p>The person with COVID-19 must stay at home and self-isolate for 10 days.</p> <p>The person may be able to end their self-isolation period before the end of the 10 full days. They can take an LFD test from 5 days after the day their symptoms started (or the day the test was taken if they did not have symptoms), and another LFD test on the following day. The second LFD test should be taken at least 24 hours later. If both these test results are negative, and the person does not have a high temperature, they may end their self-isolation after the second negative test result.</p> <p>Other household members need to follow the guidance in the <b>Someone in my household has Covid-19 symptoms</b> section.</p>	<p>No need to self-isolate.</p>
<p><b>NHS test and trace has identified my child has been in close contact with someone with symptoms of confirmed Covid-19.</b></p>	<p><b>COME TO SCHOOL UNLESS SYMPTOMS DEVELOP (AND WE ADVISE TO TAKE A LFD TEST)</b></p> <p>If you are informed by NHS Test and Trace that your child is a contact of someone who has had a positive LFD or PCR test result for COVID-19, they are not required to self-isolate as they are aged under 18 years old. Close contacts who are between 5 and 18 years of age are strongly advised to:</p> <ul style="list-style-type: none"> <li>• take an LFD test every day for 7 days, or until 10 days since the last contact with the person who tested positive for COVID-19 if this is earlier</li> <li>• take this daily test before they leave the household for the first time that day</li> </ul> <p>If the LFD test result is positive, the student should immediately self-isolate to prevent them from passing the infection on to other people and follow the <a href="#">Stay at home</a> guidance. They should start a new self-isolation period, starting from the date the positive test was taken.</p> <p>If the LFD test result is negative, it is likely that they were not infectious at the time when the test was taken. To further reduce the chance of passing COVID-19 on to others, students are strongly advised to:</p> <ul style="list-style-type: none"> <li>• limit close contact with people outside the household, especially in crowded, enclosed or poorly ventilated spaces</li> <li>• wear a face covering in crowded, enclosed or poorly ventilated spaces and where you are in close contact with other people</li> <li>• limit contact with anyone who is at higher risk of severe illness if infected with COVID-19</li> <li>• follow the <a href="#">guidance on how to stay safe and help prevent the spread</a></li> </ul>	<p>There are no symptoms</p>
<p><b>We have/my child has travelled and there is a need to self-isolate as a period of quarantine.</b></p>	<p>Do not take unauthorised leave in term time.</p> <p>All children travelling to England and abroad must adhere to <a href="#">government travel advice during coronavirus (COVID-19)</a>. Parents travelling abroad should bear in mind the impact on their child's education which may result from any requirement to quarantine or isolate upon return.</p>	<p>Travel restrictions and return guidance have been enacted</p>

What to do if.....	Action needed	Return to school when.....
<p><b>We have received medical advice that my child must isolate or reduce social contact.</b></p>	<p>Recent clinical studies have shown that children and young people are at very low risk of serious illness if they catch COVID-19. As a result, children and young people under the age of 18 are no longer considered to be clinically extremely vulnerable and should continue to follow the same guidance as everyone else.</p> <p>A very small number of children and young people will have been advised to isolate or reduce their social contact for short periods of time by their specialist, due to their general risk of infection rather than because of the COVID-19 pandemic. If this is the case for your child, they should continue to follow the advice of their specialist.</p>	<p>Medical expert advises that you can return to school.</p>
<p><b>When it's okay to send your child to school or childcare</b></p>	<p>As long as your child does not show symptoms of the virus, it's usually okay to send them to school or childcare if they:</p> <ul style="list-style-type: none"> <li>• only have nasal symptoms, such as a runny nose or a sneeze</li> <li>• do not have a temperature of 38 degrees Celsius or more (as long as their temperature has not been lowered by taking any form of paracetamol or ibuprofen)</li> <li>• do not have a new cough</li> <li>• have been told by a GP that their illness is caused by something else, that is not coronavirus. Your GP will tell you when they can return to school or childcare.</li> </ul>	<p>... it's OK</p>

# Examples of when to end self-isolation if you have had COVID-19 symptoms or have received a positive COVID-19 test result

