

# COVID-19 ABSENCE

## A quick guide for parents / carers

Please note: the first day of self-isolation is day 0. You must stay in isolation for the next 10 full days

What to do if...	Action needed	Back to school...
...my child has COVID-19 (coronavirus) symptoms*	<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 result</li></ul>	... When child's test comes back negative
... my child tests positive for COVID-19 (coronavirus)	<ul style="list-style-type: none"><li>• Child shouldn't attend school</li><li>• Inform school immediately about test results</li><li>• Child self-isolates for at least 10 days from when any symptoms started (or from day of test if no symptoms)</li><li>• Whole household self-isolates for 10 days from day when symptoms* started (or from day of test if no symptoms) – even if someone tests negative during those 10 days</li></ul>	...when child feels better, and has been without a fever for at least 48 hours  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 after the infection is gone.
...somebody in my household has COVID-19 (coronavirus) symptoms*	<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 for 10 days while waiting for test result</li><li>• Inform school immediately about test results</li></ul>	... when household member test is negative, and child does not have COVID-19 symptoms*
... somebody in my household has tested positive for COVID-19 (coronavirus)	<ul style="list-style-type: none"><li>• Child shouldn't attend school</li><li>• Whole household self-isolates for 10 days - even if someone tests negative during those 10 days.</li><li>• Day 0 is the day the first person in the household's symptoms started (or the day the test was taken if no symptoms).</li></ul>	... when child has completed 10 days of self-isolation, even if they test negative during this time

\*symptoms includes at least one of the following: a high temperature; a new continuous cough; a loss of or change to your sense of smell or taste.

See more at [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)



What to do if...	Action needed	Back to school...
<p>...NHS Test and Trace or your school/nursery has identified my child as a 'close contact' of somebody with symptoms* or confirmed COVID-19 (coronavirus)</p>	<ul style="list-style-type: none"> <li>• Child shouldn't attend school</li> <li>• Child self-isolates for 10 days (as advised by NHS Test and Trace, or your school / nursery) – even if they test negative during those 10 days</li> <li>• Rest of household does not need to self-isolate, unless they are a 'close contact' too</li> </ul>	<p>... when the child has completed 10 days of self-isolation, even if they test negative during those 10 days</p>
<p>...we/my child has travelled and has to self-isolate as part of a period of quarantine</p>	<ul style="list-style-type: none"> <li>• From 15th December 2020 you will be able to take a COVID-19 test with a private test provider on Day 5 to see if you can end self-isolation early. Read more about the <a href="#"><u>Test to Release for international travel scheme</u></a>. You cannot use tests provided by NHS Test &amp; Trace under this scheme. Use one of listed private test providers. You can be fined if you use a negative NHS test result to end your self-isolation period early.</li> <li>• Do not take unauthorised leave in term time</li> <li>• Consider quarantine requirements and Foreign and Commonwealth Office 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>• Day 0 of self-isolation is the day you leave a non-exempt country</li> </ul>	<p>... when the quarantine period has been completed for the child (10 days unless using the Test to Release scheme)</p>
<p>... we have received advice from a medical / official source that my child must resume shielding</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>... when school / other agencies inform you that restrictions have been lifted and your child can return to school again</p>
<p>... I am not sure who should get a test for COVID-19 (coronavirus)</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>... children with no symptoms are able to attend school, providing they are not meant to be isolating for any of the reasons set out above.</p>

For further information and support to self-isolate:  
[camden.gov.uk/coronavirus](https://camden.gov.uk/coronavirus) 020 7974 4444 (option 9)

