

Coronavirus Symptoms: What to do

What to do if you have suspected coronavirus symptoms

The main symptoms of coronavirus are:

- **A high temperature** – this means you feel hot to touch on your chest or back. Your temperature will be 37.8 degrees or above.
- **A 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).
- **A loss of, 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.

It is important that all parents do the following if a child/parent/family member presents with COVID symptoms:

If you, or someone you live with, has any of the symptoms of coronavirus (COVID-19), check the NHS website and book a test as soon as possible. Parents should follow this link:

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

DO NOT come to school.

Self-isolate: Stay at home and do not have visitors until you get the result – only leave your home to have a test. Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.

Getting a Test

The fastest way to get a test result is to go to a testing site.

- Individuals will need a pre-booked appointment or they will not be given a test.
- Parents can also order home test kits to be sent directly to them.
- To book an appointment or order a home kit, please visit: <https://www.gov.uk/get-coronavirus-test>
- Call 119 if you cannot book a test online.

Please keep us informed if anyone in the household presents with symptoms. You can do this by either calling 01594 833457 or emailing the School Office: admin@coalway-inf.gloucs.sch.uk. We would also ask that parents inform us of the outcomes of any household tests taken before your child returns to school.

Test Results

- If the tests are negative, then your child may return to school when they are feeling better.
- If the tests are positive, then your child and all family members living within the household are to self-isolate for 14 days. *(The NHS test and trace service will contact you with instructions of how to share details of people with whom you have had close, recent contact and places you have visited It is important that you respond as soon as possible so that NHS can give appropriate advice to those who need it).*
- If a child attending school receives a positive test direct support and advice will be given by the local Public Health England Health Protection Team.
- Please inform the school of any outcomes of a test before your child returns.

Suspected Coronavirus in School

If we suspect your child is showing symptoms of coronavirus at school we will:

- Take your child out of the classroom to an isolation space, with an adult nearby to care for them.
 - Call you to arrange for your child to go home immediately and any siblings.
 - Ensure a member of staff puts on personal protective equipment before moving your child to our designated quarantine area to wait to be collected. At no point will your child be left alone.
 - Move the remaining children out of the class so the room can be thoroughly cleaned and aired before they return to the room.
- When you collect:
- We will advise you to take your child for a coronavirus test and for household members to self-isolate.
 - Please inform the school on any outcomes as soon as you are able.

If a child attending school receives a positive test, direct support and advice will be given to the school by the local Public Health England Health Protection Team.

Self-Isolation

If you have [symptoms](#) of COVID-19, however mild, self-isolate for at least 10 days from when your symptoms started. You should arrange to have a test to see if you have COVID-19 – go to [testing](#) to arrange. Do not go to a GP surgery, pharmacy or hospital. If you are not experiencing symptoms but have tested positive for COVID-19, self-isolate for at least 10 days, starting from the day the test was taken. If you develop symptoms during this isolation period, restart your 10-day isolation from the day you developed symptoms.

After 10 days, if you still have a temperature you should continue to self-isolate and seek medical advice. You do not need to self-isolate after 10 days if you only have a

cough or loss of sense of smell or taste, as these symptoms can last for several weeks after the infection has gone.

If you live with others, all other household members need to stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the household became ill or if they do not have symptoms, from the day their test was taken. If anyone else in the household starts displaying symptoms, they need to stay at home for at least 10 days from when their symptoms appear, regardless of what day they are on in their original 14-day isolation period.

Confirmed Case in Class/School

The Health Protection Team will work with the school and guide us through the actions we would need to take.

If a child has tested positive, the rest of that class/year group bubble will be sent home and advised to self-isolate for 14 days since they were last in contact with that child.

A letter will be sent to each family within that class from the Health Protection Team, with all the relevant guidelines on what action to take.

If someone in a class that has been asked to self-isolate, then develops symptoms themselves within their 14-day isolation period, they should follow 'stay at home guidance: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance> for households with possible or confirmed coronavirus (COVID-19) infection'. They should get a test, and:

- if the test delivers a negative result, they must remain in isolation for the remainder of the 14-day isolation period. This is because they could still develop the coronavirus (COVID-19) within the remaining days.
- if the test result is positive, they should inform school immediately, and must isolate for at least 10 days from the onset of their symptoms (which could mean the self-isolation ends before or after the original 14-day isolation period). Their household should self-isolate for at least 14 days from when the symptomatic person first had symptoms.

Contact Details

In light of the above information, we would ask that all parents ensure we have up to date contact details within the School Office to ensure that we are able to contact you in an emergency, such as your child becoming ill during the school day or presenting with coronavirus symptoms. It will be essential that we can make immediate contact with you in these circumstances and that your child is collected as soon as possible.



COVID-19: a quick reference guide for parents and staff (September 2020)

What to do if...	Action Needed	Return to school when...
...my child has Covid-19 symptoms.	<ul style="list-style-type: none"> - Do not come to school - Contact school to inform us - Self-isolate the whole household - Get a test - Inform the school immediately about the test result 	...the test comes back negative or period of 10 days has passed since the symptoms started, and the child feels well.
...my child tests positive for Covid-19.	<ul style="list-style-type: none"> - Do not come to school. - Contact school to inform us. - Agree an earliest date for possible return (minimum of 10 days). - Self-isolate the whole household. 	...10 days have passed since symptoms began, even if they still have a cough or loss of taste/smell. <i>(These symptoms can last for several weeks.)</i> AND the child feels well.
...my child tests negative.	<ul style="list-style-type: none"> - Contact school to inform us. - Discuss when your child can come back (same day/next day). 	...the test comes back negative.
...my child is ill with symptoms not linked to Covid-19.	<ul style="list-style-type: none"> - Do not come to school. - Contact school to inform us. - Ring on each day of illness. 	...after 48 hours following the last bout of sickness or diarrhoea (as per attendance policy)
...someone in my household has Covid-19 symptoms.	<ul style="list-style-type: none"> - Do not come to school. - Contact school to inform us. - Self-isolate the whole household. - Household member to get a test. - Inform school immediately about test result. 	...the test comes back negative.
...someone in my household tests positive for Covid-19.	<ul style="list-style-type: none"> - Do not come to school. - Contact school to inform us. - Agree an earliest date for possible return (minimum of 14 days). - Self-isolate the whole household. 	...the child has completed 14 days of isolation.
...NHS test and trace has identified my child as a close contact of somebody with symptoms or confirmed Covid-19.	<ul style="list-style-type: none"> - Do not come to school. - Contact school to inform us. - Agree an earliest date for possible return (minimum of 14 days). 	...the child has completed 14 days of isolation.
...NHS test and trace has identified a household member (other than my child) as a close contact of somebody with symptoms or confirmed Covid-19.	<ul style="list-style-type: none"> - The household member must self-isolate for 14 days. - Child can continue to attend school. 	...child can continue to attend school
... a sibling attending another school has been sent home to self-isolate due to their being a positive case in their school.	<ul style="list-style-type: none"> - Sibling must self-isolate for 14 days. - Coalway Infant child(ren) can continue to attend. 	...child can continue to attend school
... my child has travelled abroad from a country or territory that is NOT on the exempt list of countries.	<p>If returning from a destination where quarantine is needed*:</p> <ul style="list-style-type: none"> - minimum of 14 days self-isolation for all those who travelled. - contact school to inform us you are back in the country and we will agree an earliest date for possible return to school. - Self-isolate the whole household. <p>*Foreign, Commonwealth & Development Office (FCDO) – for up to date travel information</p>	...the quarantine period of 14 days has been completed.

<p>... my child has travelled abroad from a country or territory that IS on the exempt list of countries.</p>	<p>If returning from a destination where quarantine is NOT needed:</p> <ul style="list-style-type: none"> - Check the current Exempt countries and territories list to confirm the country you have travelled from or through is on the exempt list. - Ring school to inform us you have returned to the UK and agree a return date to school. 	<p>... you have informed the office of your return to the UK (<i>the office will ask you a few questions about your travel</i>).</p>
<p>...I have travelled from a country that requires us to quarantine (but my child didn't travel).</p>	<ul style="list-style-type: none"> - As long as you do not have / have not had symptoms in the last 14 days, your child can continue to attend school. - The person who has travelled MUST NOT leave the house, including to do pick-ups and drop offs (<i>please contact school if you need support getting your child to school</i>). 	<p>...child can continue to attend school</p>
<p>...we have received medical advice that my child must resume shielding.</p>	<ul style="list-style-type: none"> - Do not come to school. - Contact school to inform us. - Shield until you are informed that restrictions are lifted and shielding is paused again. 	<p>...school inform you that restrictions have been lifted and your child can return to school again. ...you receive medical advice that your child may return to school.</p>
<p>...my child's bubble is closed due to a Covid-19 outbreak in school.</p>	<ul style="list-style-type: none"> - Child must not come to school. - Support your child at home with remote education provided by your school. - Your child will need to self-isolate for 14 days. - Other siblings may continue to attend school. 	<p>...school inform you that the bubble will be reopened.</p>
<p>... I am unable to get a test for someone in the household who has symptoms</p>	<p><i>If you are not able to get a test in the first 5 days of having symptoms, your child and anyone they live with must stay at home and self-isolate for 14 days. Anyone in your support bubble must also stay at home.</i></p>	<p>...the child has completed 14 days of isolation.</p>