

Factsheet on COVID-19 for educational settings

What to do if your child develops symptoms of COVID-19

If your child develops symptoms of COVID-19 they need stay at home and self-isolate immediately and get a test through <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119. Your household needs to isolate too. This includes anyone in your 'Support Bubble'.

If your child tests positive, your child and household need to continue isolating for at least 10 days from the date when their symptoms appeared (or date of their positive test if they do not have symptoms). Add your child's details to NHS Test and Trace and inform the school/educational setting so that other close contacts can be identified and advised to isolate.

The isolation period includes the day their symptoms started and the next 10 full days. This means that if, for example, symptoms started at any time on the 15th of the month, the isolation period ends at 23:59 hrs on the 25th. In the absence of symptoms, the isolation would start from the date of the test was taken and continue for ten days after this. If the person does not have symptoms when testing positive but goes on to develop symptoms, the isolation is extended for ten days after the onset of symptoms as explained [here](#) (in the "if you tested positive" section). If other household members become unwell they need to extend their isolation period.

If your child does not get tested they will need to isolate with the household and support bubble for at least 10 days from the onset of symptoms.

Household members should not go to work, educational setting or public areas and exercise should be taken within the home. If you require help with buying groceries, other shopping or picking up medication, or walking a dog, you should ask friends or family or you can order your shopping online and medication online or by phone. There is also support available for those are self isolating: <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/help-and-financial-support-while-youre-self-isolating/> Household members staying at home for 10 days, will greatly reduce the overall amount of infection the household could pass on to others in the community.

Those who are [clinically extremely vulnerable](#) should be supported to minimise their contact with other people in the household during this period, regardless of whether others have symptoms or not.

Symptoms of COVID-19

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- A new continuous cough and/or
- A high temperature and/or
- A loss of, or change in, normal sense of taste or smell (anosmia)

For most people, coronavirus (COVID-19) will be a mild illness.

If your child does develop symptoms, you can seek advice from NHS 111 at <https://www.nhs.uk/conditions/coronavirus-COVID-19/check-if-you-have-coronavirus-symptoms/> or by phoning 111.

How to stop COVID-19 spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with COVID-19:

- Wash your hands with soap and water often – do this for at least 20 seconds
- Use hand sanitiser gel if soap and water are not available
- Wash your hands as soon as you get home
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin immediately and wash your hands afterwards
- Participate in twice weekly LFD testing following national guidelines (recommended for 11 years and over). We encourage you to log your results here: <https://www.gov.uk/log-test-site-covid19-results>

Further Information

Further information is available at <https://www.nhs.uk/conditions/coronavirus-COVID-19/>

Further information on rapid lateral flow tests are available at: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

Guidance in different languages:
<https://www.gov.uk/government/publications/COVID-19-stay-at-home-guidance>