





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

What to do if...	Action needed	Back to school...
 <p>...my child has COVID-19 (coronavirus) symptoms*</p>	<ul style="list-style-type: none"> <li>• Child shouldn't attend school</li> <li>• Child should get a PCR test</li> <li>• Inform school immediately about test results</li> <li>• School should provide remote learning if appropriate</li> </ul>	<p>... if the child's test comes back negative provided they have been fever free for the 48 hours before returning to school, and feel well</p>
 <p>...my child tests positive for COVID-19 (coronavirus)</p>	<ul style="list-style-type: none"> <li>• Child shouldn't attend school</li> <li>• Child self-isolates for at least 10 days from symptoms* starting (or from day of test if no symptoms)</li> <li>• Inform school immediately about test results</li> <li>• For the household members see "somebody in my household has tested positive for COVID-19"</li> <li>• School should provide remote learning if appropriate</li> </ul>	<p>...after 10 days, once child feels better, and has been fever-free for at least 48 hours</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>...somebody in my household has COVID-19 (coronavirus) symptoms*</p>	<ul style="list-style-type: none"> <li>• Person with symptoms isolates and should get a PCR test</li> <li>• Household contacts must isolate unless they are exempt**</li> </ul>	<p>...your child can attend school as long as they don't have COVID-19 symptoms*</p>
 <p>...somebody in my household has tested positive for COVID-19 (coronavirus)</p>	<ul style="list-style-type: none"> <li>• Person who has tested positive must self-isolate for at least 10 days from symptoms* starting (or from day of test if no symptoms)</li> <li>• Household members, including children should go for a PCR test, if positive they must isolate</li> <li>• Household contacts must isolate unless they are exempt**</li> </ul>	<p>...your child can attend school as long as they don't have COVID-19 symptoms* and have not tested positive</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/>






[nhs.uk/conditions/coronavirus-covid-19/symptoms](https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/)

## Self-isolation exemptions

If you live in the same household as someone with COVID-19, or are a close contact of someone with COVID-19, you are not required to self-isolate when any of the following apply:

- you're fully vaccinated (had recommended doses of approved vaccine in UK at least 14 days ago)
  - you're below the age of 18 years and 6 months
- you've taken part in or are currently part of an approved COVID-19 vaccine trial
  - you're not able to get vaccinated for medical reasons

**Whenever you have any COVID-19 symptoms, these exemptions do not apply.** You should still self-isolate immediately and get a PCR test, even if your symptoms are mild.

What to do if...	Action needed	Back to school...
 <p><b>...my child has identified my child as a 'close contact' of a confirmed COVID-19 case who is not a household member</b></p>	<ul style="list-style-type: none"> <li>Child should have a PCR test (unless they are under the age of 5), and if positive they must isolate for 10 days</li> <li>Rest of household does not need to self-isolate, unless a non exempt 'close contact' too</li> </ul>	<p><b>..your child can attend school as long as they don't have COVID-19 symptoms* and have not tested positive</b></p>
 <p><b>...we / my child has travelled from abroad</b></p>	<ul style="list-style-type: none"> <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>Depending on where you are travelling to and from, there may be a requirement for you and your child to isolate and/ or test.</b></p> <p><b>For full guidance on travel advice, please visit:</b>  <a href="https://gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers">gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers</a></p>	
 <p><b>...my child was shielding</b></p>	<ul style="list-style-type: none"> <li>Shielding has been paused and all children have been removed from the shielding list and are advised to follow the same guidance as everyone else</li> <li>Child should attend school unless advised otherwise by a medical consultant</li> </ul>	
 <p><b>...I am not sure who should get a test for COVID - 19 (coronavirus)</b></p>	<ul style="list-style-type: none"> <li>People with symptoms* and those who have been in close contact with a confirmed case need to get a PCR test</li> <li>People without symptoms and are secondary school age or over are advised to regularly (twice a week) using a LFD test</li> </ul>	<p><b>...when conditions above, as matching your situation, are met</b></p>
 <p><b>...I am not sure who should not get a test for COVID -19 (coronavirus)</b></p>	<ul style="list-style-type: none"> <li>People who have tested positive on a PCR test, should not test again with PCR for 90 days unless new COVID symptoms* develop, even if they are a close contact of a confirmed case.</li> </ul>	

### COVID-19 testing

If anyone in your household has symptoms\*, they should self-isolate immediately and book a free PCR test at [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or call 119

Taking rapid lateral flow tests twice a week is advised for all secondary school and college students and families / households with children of any age. Regular testing can help detect coronavirus when you don't have symptoms. Around 1 in 3 people with COVID-19 don't have any symptoms and could be spreading the virus without knowing it. You can get the free tests from your child's school or college, pharmacies, online at [gov.uk/order-coronavirus-rapid-lateral-flow-tests](https://gov.uk/order-coronavirus-rapid-lateral-flow-tests) or by calling.

**For further information visit [gov.uk/backtoschool](https://gov.uk/backtoschool)**

*Local Public Health and Health Protection Team will continue to work with local schools to manage and provide guidance with single and multiple cases of COVID-19*