

# Help prevent the spread of COVID-19



# Parent/Carer information



## SYMPTOMS

Coronavirus (COVID-19) Symptoms are;

- high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- 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)
- loss 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
- If you or your child have any one or more of these symptoms your household must self-isolate immediately and the symptomatic person must have a PCR test.

Please text 07724 371488 if your child receives a positive test result.

## LFD TESTING

- If your child does not have any symptoms of COVID-19 they should complete a LFD Test at home every **MONDAY** and **THURSDAY**.
- Tests must be taken **BEFORE SCHOOL** and students must not come to school if their test is positive.
- Please text **07724 371488** if your child's LFD test is positive.
- You must book a PCR test for your child if their home LFD test is positive and this test must be taken on the same day of the LFD test.
- Your household and all close contacts must self-isolate until the PCR test result is received. If the PCR test is positive the self-isolation continues for the 10 days required, if negative self-isolation ends.
- LFD Tests should not be used at any other time than stated above and should still be taken on a Monday and Thursday throughout the Easter Holidays.

## SELF ISOLATION

- Self isolation takes place for the 10 days after the last contact someone had with a positive case.
- For a person testing positive, they must isolate for 10 days after symptoms started or a positive test was taken if no symptoms.
- If someone has to self-isolate they must remain in their home for the period of self-isolation, they are not permitted to go out for walks/exercise or to the shops.
- If someone is required to self-isolate as they are a close contact of a positive case they cannot meet up with other people that are self-isolating at that time.
- If someone is required to self-isolate as they are a close contact of a positive case the rest of their household can continue normal activities outside the home, unless symptoms develop.

## CLOSE CONTACTS

Close contacts are currently traced back for the two full days before a positive test (if no symptoms) or before symptoms began (if symptomatic). Other than all members of a household, close contacts are people that have:

- had face-to-face contact including being coughed on or having a face-to-face conversation within 1 metre
- been within 1 metre for 1 minute or longer without face-to-face contact
- been within 2 metres of someone for more than 15 minutes (either as a one-off contact or added up together over 1 day)
- travelled in the same vehicle

For further information please go to the [Coronavirus advice section](#) on our website or <https://www.gov.uk/coronavirus>

