

MEA Central Coronavirus related absences quick reference guide – 6th August 2020

<i>What to do if...</i>	<i>Action needed</i>	<i>Return to school when...</i>
...my child has coronavirus symptoms	<ul style="list-style-type: none"> • Do not come to school • Contact school daily • Self-isolate • Get a test • Inform school immediately about test result 	...the test comes back negative.
...my child tests positive for coronavirus	<ul style="list-style-type: none"> • Do not come to school • Contact school daily • Self-isolate for at least 10 days • Inform school immediately about test result 	...they feel better. 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.
...somebody in my household has coronavirus symptoms	<ul style="list-style-type: none"> • Do not come to school • Contact school daily • Self-isolate • Household member to get a test • Inform school immediately about test result 	...the household member test is negative.
...somebody in my household has tested positive for coronavirus	<ul style="list-style-type: none"> • Do not come to school • Contact school daily • Self-isolate for 14 days 	...the child has completed 14 days of self-isolation
... NHS test and trace have identified my child as a 'close contact' of somebody with symptoms or confirmed coronavirus	<ul style="list-style-type: none"> • Do not come to school • Contact school daily • Self-isolate for 14 days 	...the child has completed 14 days of self-isolation

<p>...we/my child travelled and has to self-isolate a part of a period of quarantine</p>	<ul style="list-style-type: none"> • Do not take unauthorised leave in term time • Consider quarantine requirements and FCO advice when booking travel • Provide information to school as per attendance policy <p><u>Returning from a destination where quarantine is needed:</u></p> <ul style="list-style-type: none"> • Do not come to school • Contact school daily • Self-isolate for 14 days 	<p>...the quarantine period of 14 days has been completed</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 as required by the pastoral team • 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.</p>

Coronavirus (COVID-19) Symptoms

Symptoms: Most people with coronavirus have at least 1 of these symptoms but some people can be infectious and not have any symptoms.

a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)

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 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

You must stay at home (self-isolate) again and ask for a test if you get symptoms of coronavirus (COVID-19) more than once.

For further information about self-isolating:

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-long-to-self-isolate/>

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/what-to-do-if-you-get-symptoms-again/>

Support is available from Durham County Council for those people who are self-isolating and are extremely vulnerable or may need extra help. Visit <http://www.durham.gov.uk/covid19help> for details.

If you need medical advice about your symptoms

Get help at: [NHS 111 online coronavirus service](#)

Call 999 if you feel very unwell or think there's something seriously wrong.

How to Book a Test

If you have coronavirus symptoms, you need to get a test done as soon as possible and within 5 days of symptoms appearing.

Book a visit to a test site to have the test today. Or order a home test kit if you cannot get to a test site.

On days 1 to 4, you can get tested at a site or at home. If you're ordering a home test kit on day 4, do so by 3pm.

On day 5, you need to go to a test site. It's too late to order a home test kit.

Tests can be booked online at:

<https://www.gov.uk/get-coronavirus-test>

If you have problems using the online service, call 119

Lines are open 7am to 11pm.

What the test involves

The test involves taking a swab of the inside of your nose and the back of your throat, using a long cotton bud.

You can do the swab yourself (if you are aged 12 or over) or someone can do it for you. Parents or guardians have to swab test children aged 11 or under.