COVID-19 (Coronavirus)
A quick guide for parents/carers

What to do if...	Action needed	Back to school...
my child has <u>any one</u> of the following Covid-19 symptoms 1. a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature) 2. 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) 3. 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 https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/	• Do not send your child to school • Book a test for your child a test can be booked by calling 119 or online at https://www.nhs.uk/ask-for-a coronavirus-test • Whole household to self-isolate • Inform school immediately about test result	...if a child's test comes back negative and symptom free for 48 hours they can return to school when they feel well enough. The child should not be tested again unless they develop new symptoms **If the test result if positive, then see below.**
...my child tests positive for COVID-19 (coronavirus)	• Child should not attend school • Inform school immediately about test results • Whole household self-isolates for 14 days from day when symptoms started (or from day of test if no symptoms) - even if someone tests negative during those 14 days • Other household members should not get tested unless they develop symptoms because even if they tested negative, they must still isolate for 14 days	...after 10 days has passed so long as the child is feeling better and has been without a fever for at least 48 hours. **They can return to school after 10 days even if they still 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 COVID-19 (coronavirus) symptoms	• Child shouldn't attend school • Household member with symptoms should get a test • Whole household self-isolates while waiting for test result • Inform school immediately about test results	...if the household member test is negative, and the child does not have COVID-19 symptoms
...somebody in my household has tested positive for COVID-19 (coronavirus)	• Child shouldn't attend school • Whole household self-isolates for 14 days from day when symptoms started (or from day of test if no symptoms) - even if someone tests negative during those 14 days • No need for the child to get tested unless they develop symptoms	...when child has completed 14 days of self-isolation, even if they tested negative during the 14 days

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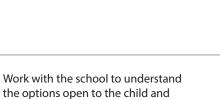|		
...my child has been identified as a 'close contact' of somebody with symptoms or confirmed COVID-19 (coronavirus)	• Child shouldn't attend school • Child self-isolates for 14 days - even if they tested negative during those 14 days • Rest of household does not need to self-isolate, unless they are a 'close contact' too	...when the child has completed 14 days of self-isolation, even if they tested negative during those 14 days unless they have developed COVID-19 symptoms
...we/my child has travelled and has to self-isolate as part of a period of quarantine	Returning from a destination where quarantine is needed: • Child shouldn't attend school • Whole household self-isolates for 14 days – even if they test negative during those 14 days	...when the quarantine period of 14 days has been completed for the child, even if they test negative during those 14 days unless the child or a household member develops COVID-19 symptoms
...my child is medically vulnerable	• Work with the school to understand the options open to the child and develop an action plan to enable the child to access education.	...once plans are in place and any risk assessment completed

for more info https://info.westberks.gov.uk/coronavirus-locp

If you need to self-isolate and require support with shopping or prescription collections, then you are advised to:

Contact family, friends or neighbours to see if they can help you.

Find out the community support group for your area, who may be able to assist you, here: https://citizen.westberks.gov.uk/findcommunitysupport

You may also wish to consider the free NHS prescription delivery service provided by Echo of Lloyds Pharmacy. To find out more and register for the service, go to www.echo.co.uk

Contact NHS Volunteer Responders, who can arrange for food, prescriptions and essential items purchased by vulnerable residents, if needed. Call for support on tel 0808 196 3646 (8am to 8pm seven days a week).

If you are considered clinically extremely vulnerable or vulnerable and/or are in financial difficulty, then you can ask for help from our Community Support Hub by phone on 01635 503579, or email at westberksbct@westberks.gov.uk The Hub is open 8:30am to 5pm, Mondays to Thursdays and 8:30am to 4:30pm on Fridays.

Community Support HUB