



Keeping your child at home / Sending your child to school

When to keep your child at home

If you answer 'Yes' to any of the following statements, please do not send your child to school

<u>Statement</u>	<u>Action</u>
My child has vomited and/or has had an episode of diarrhoea.	<ul style="list-style-type: none">• Child stays at home for 48 hours after their last episode of vomiting or diarrhoea.• Treat your child at home for their symptoms.
My child has a high temperature (a temperature of 38 degrees celsius or above)	<ul style="list-style-type: none">• Isolate your child. This means keeping them at home and completely avoiding contact with other people, as much as possible. Your child should only leave your home to have a test or to see your GP.• Phone your GP. They will advise you if your child needs a coronavirus test.• Everyone that your child lives with should also restrict their movements, at least until your child gets a diagnosis from their GP or a coronavirus test result. This means not going to school, childcare or work.• Treat your child at home for their symptoms.
My child has a new cough or loss or changed sense of taste or smell, or shortness of breath	<ul style="list-style-type: none">• Isolate your child. This means keeping them at home and completely avoiding contact with other people, as much as possible. Your child should only leave your home to have a test or to see your GP.• Phone your GP. They will advise you if your child needs a coronavirus test.• Everyone that your child lives with should also restrict their movements, at least until your child gets a diagnosis from their GP or a coronavirus test result. This means not going to school, childcare or work.• Treat your child at home for their symptoms.
My child has no symptoms of Covid-19 but is living in a household with someone who has symptoms/is suspected of having Covid-19	<ul style="list-style-type: none">• Isolate your child. This means keeping them at home and completely avoiding contact with other people, as much as possible. Your child should only leave your home to have a test or to see your GP.• Phone your GP. They will advise you if your child needs a coronavirus test.• Everyone that your child lives with should also restrict their movements, at least until your child gets a diagnosis from their GP or a coronavirus test result. This means not going to school, childcare or work.
My child has no symptoms of Covid-19 but is a close contact of a proven case	<ul style="list-style-type: none">• Isolate your child. This means keeping them at home and completely avoiding contact with other people, as much as possible. Your child should only leave your home to have a test or to see your GP.• Phone your GP. They will advise you if your child needs a coronavirus test.• Everyone that your child lives with should also restrict their movements, at least until your child gets a diagnosis from their GP or a coronavirus test result. This means not going to school, childcare or work.
My child has been to a country outside of the "Green List" within the past 14 days	<ul style="list-style-type: none">• Isolate your child. This means keeping them at home and completely avoiding contact with other people, as much as possible. Your child should only leave your home to have a test or to see your GP.• Phone your GP. They will advise you if your child needs a coronavirus test.• Everyone that your child lives with should also restrict their movements, for 14 days or until your child gets a diagnosis from their GP or a coronavirus test result. This means not going to school, childcare or work.

When to send your child to school

It's usually okay to send your child to school or childcare if all of the following statements are true:

Statement

- My child has nasal symptoms, such as a runny nose or a sneeze but is generally feeling well with good energy levels and normal appetite
- My child does not have a temperature of 38 degrees celsius or more (*as long as their temperature has not been lowered by taking any form of paracetamol or ibuprofen*)
- My child does not have a new cough
- There have been no recent changes to my child's sense of taste or smell
- My child is not experiencing any shortness of breath
- My child has not been in close contact with anyone who has coronavirus Covid-19
- My child does not live with anyone who is unwell and may have coronavirus Covid-19
- My child has been told by a GP that their illness is caused by something else, that is not coronavirus. Your GP will tell you when they can return to school or childcare
- Your child has received a negative ('not detected') coronavirus Covid-19 test result AND has not had symptoms for 48 hours

Most of the time, you do not need to phone your GP if a runny nose or sneezing are your child's only symptoms. Talk to your pharmacist instead.