

COVID GUIDANCE FOR PARENTS as at 13 January 2022

Does your child have any of following symptoms?

high temperature; a new continuous cough; loss of, or change in, sense of taste or smell; runny nose / cold symptoms; shortness of breath; headache; sore throat; tiredness; muscle aches; vomiting or diarrhoea

Please **do not** send them to school.

Book a PCR test for your child if they have any symptoms and they must isolate until they either have a negative test result or, if their result is positive, until the end of the period advised by the NHS.

Please be aware: you should NOT use a lateral flow test if the person being tested has symptoms – they must have a PCR test

Do you have COVID within your household?

You are recommended to book a PCR test for your child and remain at home until the result is received.

They should also take daily lateral flow tests for 7 days.

Is your child in years 1 to 6 and has had close contact with a confirmed COVID case in school?

Test your child with a lateral flow every day for 7 days

If you can't get hold of lateral flow tests for a daily test please try to get them tested at least twice a week at a community test centre.

Is your child in Nursery or Reception and has had close contact with a confirmed COVID case in school?

You are recommended to book a PCR test for your child and remain at home until the result is received.

They should also take daily lateral flow tests for 7 days.

Has your child tested positive on a LFT or a PCR test?

They must self isolate for 7 days (minimum) after the day on symptom onset / test (if no symptoms)

Self-isolation can end after a lateral flow test on day 7 if they have had 2 LFT tests taken 24 hours apart (on Day 6 and Day 7)