**Coronavirus related absences, quick reference guide for Rowan parents and carers – 15th September 2020**

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| ***What to do if…*** | ***Action needed*** | ***Notes*** | ***Return to school when…*** |
| …my child has coronavirus symptoms | * Do not come to school * Contact school to say – my child is ill with coronavirus symptoms * Contact SEN transport and let them know your child is not coming to school * Self-isolate including all household members * Get a test for your child * Inform school immediately about test result | * Link on how to get a [test](https://sheffnews.com/news/covid-19-testing-units-available-to-support-local-response) | …the test comes back negative and your child is no longer unwell.  Or  (if you can’t get a test)  …after at least 10 days from the day your child became ill with coronavirus symptoms. |
| …my child tests positive for coronavirus | * Do not come to school * Inform school immediately about test result * Child self-isolate for at least 10 days from the day when your child first became ill * all other household members to self-isolate for 14 days | * The 10 day period starts from the day when your child first became ill * Be prepared to discuss with Track and Trace and/or School who your child has been in close contact with in the 48 hours before becoming ill | …they feel better and only after a 10 day period.  Your child can return to school after 10 days even if they have a cough or loss of smell/taste. This is because a cough or loss of smell/taste can last for several weeks once the infection has gone. |
| …somebody in my household has coronavirus symptoms | * Do not come to school * Contact school to say – my child is well but family member is ill with coronavirus symptoms * Child self-isolates along with all household members * Household member to get a test * Inform school immediately about test result | * Link on how to get a [test](https://sheffnews.com/news/covid-19-testing-units-available-to-support-local-response) * If household member cannot get a test he/she must self-isolate for at least 10 days and all other household members must self-isolate for 14 days | ….the household member test result is negative.  Or  (if household member can’t get a test)  ….the child has completed 14 days of self-isolation. |
| …somebody in my household has tested positive for coronavirus | * Do not come to school * Inform school immediately about test result * Child self-isolates for 14 days along with all other household members | * The 14 day self-isolation period for your child starts from the day when your household member first became ill | …the child has completed 14 days of self-isolation. |
| …NHS track and trace have identified my child as a ‘close contact’ of somebody with symptoms or confirmed coronavirus | * Do not come to school * Contact school to say – contacted by track and trace and identified as close contact * Child self-isolate for 14 days | * Depending on the circumstances, your child might be the only person in your household that is advised to self-isolate * Follow track and trace advice | …your child has completed 14 days of self-isolation. |
| …we/my child has travelled abroad and have to self-isolate for a period/part of a period of quarantine | * Do not come to school * Contact school * Consider quarantine requirements and FCO advice when booking and before travel * Child self-isolates along with all household members for 14 days | * If you find yourself needing to self-isolate due to regulations in the UK changing whilst you are out of the country, the same actions apply. | …the quarantine period of 14 days has been completed. |

**Frequently asked questions:**

**What are the main symptoms of coronavirus?**

The medical advice is clear: you must self-isolate if you have coronavirus symptoms or live in the same household as somebody who does.

* high temperature – this means you feel hot to touch on your chest or back
* 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

**Can the siblings or the parents of a child who has been self-isolating (due to being a contact of a case) attend school/work?**

Yes, other household members of the contact do not need to self-isolate unless the child they live with in that group subsequently develops symptoms.

**Can my child return to school if they are still coughing after a period of illness at home?**

If your child is **well** but still has a cough after a period of illness:

1. Yes, if they tested positive for coronavirus, have self-isolated for 10 days and are feeling **well** – your child can return to school as a cough can last for several weeks once the infection has gone.
2. Yes, if they had coronavirus symptoms, got a test, the result was negative and they are feeling **well** – your child can return to school as a cough can last for several weeks once an infection has gone.

If your child has a cough and continues to be **unwell:**

1. No, your child needs to stay home until they are feeling **well.**

**Can I send my child to school if they have a stuffy and runny nose?**

1. Yes, if your child has no coronavirus symptoms and is **well,** even though they have a slight stuffy and runny nose – your child can come to school.
2. No, if your child is **unwell** and has a stuffy and runny nose – your child needs to stay home until they are feeling **well.**

**As a general rule:**

* **if your child in unwell, they need to stay at home until they are feeling well.**
* **if your child is feeling well, even if they still have a runny nose and or a cough, then can come to school.**

**Cautious note: a number of other illnesses and viruses can cause a high temperature. A high temperature is also a coronavirus symptom. At present, we must follow government guidance and if your child develops a high temperature, you must keep your child at home, ring 111 for advice and be prepared to get a test.**