



Lower Heath 
CE Primary School
 Part of the **Marches** Academy Trust

COVID-19 absence guide for parents and carers

Symptoms include at least one of the following: high temperature; a new continuous cough; a loss or change to your sense of taste or smell

See more at www.nhs.uk/conditions/coronavirus-covid-19/symptoms/

If you need to notify the school of a self-isolation period or positive test during evenings or weekends, please email head@heath.shropshire.sch.uk

What to do if...	Action needed	Back to school...
...my child has COVID-19 (coronavirus) symptoms	<ul style="list-style-type: none"> ○ Child must not attend school ○ Child should get a test ○ Whole household self-isolates while waiting for test results ○ Inform school immediately about test results 	...when child's test comes back negative
...my child tests positive for COVID-19 (coronavirus)	<ul style="list-style-type: none"> ○ Child must not attend school ○ Child self-isolates for at least 10 days from when symptoms started (or from day of test if there are no symptoms) ○ Inform school immediately about test results ○ Whole household self-isolates for 14 days from day when symptoms started (or from day of test if there are no symptoms) 	...at the end of the 10 day self-isolation period and has been without fever for 48 hours 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 COVID-19 (coronavirus) symptoms	<ul style="list-style-type: none"> ○ Child must not attend school 	...if household member tests negative and child does not have COVID-19 symptoms

	<ul style="list-style-type: none"> ○ Household member with symptoms should get a test ○ Whole household self-isolates while waiting for test result ○ Inform school immediately about test results 	
...somebody in my household has tested positive for COVID-19 (coronavirus)	<ul style="list-style-type: none"> ○ Child must not attend school ○ Whole household self-isolates for 14 days from day when symptoms started (or from day of test if there are no symptoms) 	...when child has completed 14 days of self-isolation, even if they test negative during those 14 days
...NHS Test and Trace has identified my child as a 'close contact' of somebody with symptoms or confirmed COVID-19 (coronavirus)	<ul style="list-style-type: none"> ○ Child must not attend school ○ Child self-isolate for 14 days (as advised by NHS Test and Trace) – even if they test negative during those 14 days ○ Rest of household does not need to self-isolate, unless they have also been identified as a 'close contact' of someone with a positive result 	...when the child has completed 14 days of self-isolation, even if they test negative during those 14 days
...we/my child has travelled and has to self-isolate as part of a period of quarantine. Full list of affected countries can be found at: www.gov.uk/guidance/coronavirus-covid-19-travel-corridors	<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 school policy <p><i>Returning from a destination where quarantine is needed:</i></p> <ul style="list-style-type: none"> ○ Child must not attend school ○ Whole household self-isolates for 14 days 	...when the quarantine period of 14 days has been completed for the child, even if they test negative during those 14 days
...we have received advice from a medical/official source that my child must resume shielding	<ul style="list-style-type: none"> ○ Child should not attend school ○ Contact school and share medical/official advice ○ Child should shield until you are informed that restrictions are lifted and shielding is paused again 	...when school/other agencies inform you that restrictions have been lifted and your child can return to school again