



**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/](http://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](mailto: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"> <li>○ Child must not attend school</li> <li>○ Child should get a test</li> <li>○ Whole household self-isolates while waiting for test results</li> <li>○ Inform school immediately about test results</li> </ul>	...when child's test comes back negative
...my child tests positive for COVID-19 (coronavirus)	<ul style="list-style-type: none"> <li>○ Child must not attend school</li> <li>○ Child self-isolates for at least 10 days from when symptoms started (or from day of test if there are no symptoms)</li> <li>○ Inform school immediately about test results</li> <li>○ Whole household self-isolates for 10 days from day when symptoms started (or from day of test if there are no symptoms)</li> </ul>	...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"> <li>○ Child must not attend school</li> </ul>	...if household member tests negative and child does not have COVID-19 symptoms

	<ul style="list-style-type: none"> <li>○ Household member with symptoms should get a test</li> <li>○ Whole household self-isolates while waiting for test result</li> <li>○ Inform school immediately about test results</li> </ul>	
...somebody in my household has tested positive for COVID-19 (coronavirus)	<ul style="list-style-type: none"> <li>○ Child must not attend school</li> <li>○ Whole household self-isolates for 10 days from day when symptoms started (or from day of test if there are no symptoms)</li> </ul>	...when child has completed 10 days of self-isolation, even if they test negative during those 10 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"> <li>○ Child must not attend school</li> <li>○ Child self-isolate for 10 days (as advised by NHS Test and Trace) - even if they test negative during those 10 days</li> <li>○ 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</li> </ul>	...when the child has completed 10 days of self-isolation, even if they test negative during those 10 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: <a href="http://www.gov.uk/guidance/coronavirus-covid-19-travel-corridors">www.gov.uk/guidance/coronavirus-covid-19-travel-corridors</a>	<ul style="list-style-type: none"> <li>○ Do not take unauthorised leave in term time</li> <li>○ Consider quarantine requirements and FCO advice when booking travel</li> <li>○ Provide information to school as per school policy</li> </ul> <p><i>Returning from a destination where quarantine is needed:</i></p> <ul style="list-style-type: none"> <li>○ Child must not attend school</li> <li>○ Whole household self-isolates for 10 days</li> </ul>	...when the quarantine period of 10 days has been completed for the child, even if they test negative during those 10 days
...we have received advice from a medical/official source that my child must resume shielding	<ul style="list-style-type: none"> <li>○ Child should not attend school</li> <li>○ Contact school and share medical/official advice</li> <li>○ Child should shield until you are informed that restrictions are lifted and shielding is paused again</li> </ul>	...when school/other agencies inform you that restrictions have been lifted and your child can return to school again