

What to do if...	Action needed...	Return to school when...
...my child has COVID-19 symptoms	<ul style="list-style-type: none"> - Do not come to school - Contact school to inform us - Self-isolate the whole household - <u>Get a COVID-19 test</u> - Inform school immediately about the test result 	...the test comes back negative
...my child tests positive for COVID-19	<ul style="list-style-type: none"> - Do not come to school - Contact school to inform us - Agree an earliest date for possible return. (Min 10 Days) - Self-isolate the whole household 	... they feel better. They can return after 10 days even if they have a cough or loss of taste/smell. These symptoms can last for several weeks
...my child tests negative	<ul style="list-style-type: none"> - Contact school to inform us - Discuss when your child can come back (same/next day) 	...the test comes back negative and your child feels well enough to return
... my child is ill with symptoms not linked to COVID-19 (sickness and/or diarrhoea).	<ul style="list-style-type: none"> - Do not come to school - Contact school to inform us - Ring on each day of illness 	... after 48 hours following the last bout of sickness or diarrhoea. As per attendance policy
... my child is ill with symptoms not linked to COVID-19 (runny nose and/or sore throat).	<ul style="list-style-type: none"> - Check temperature and for symptoms of COVID-19 - If no COVID-19 symptoms, come to school if well enough - If not well enough, ring on each day of illness 	... they feel better and are showing no symptoms of COVID-19
...someone in my household has COVID-19 symptoms	<ul style="list-style-type: none"> - Do not come to school - Contact school to inform us - Self-isolate the whole household - <u>Household member to get a COVID-19 test</u> - Inform school immediately about the test result 	...the test comes back negative
...someone in my household tests positive for COVID-19	<ul style="list-style-type: none"> - Do not come to school - Contact school to inform us - Agree an earliest date for possible return. (Min 14 Days) - Self-isolate the whole household 	...the child has completed 14 days of isolation
...NHS test and trace has identified my child as a close contact of somebody with symptoms or confirmed COVID-19	<ul style="list-style-type: none"> - Do not come to school - Contact school to inform us - Agree an earliest date for possible return. (Min 14 Days) 	...the child has completed 14 days of isolation

<p>... we/my child has travelled and has to self-isolate as a period of quarantine.</p>	<p>- Do not take unauthorised leave in term time - Consider requirements and FCO advice when booking travel. Returning from a destination where quarantine is needed - - Agree an earliest date for possible return. (Min 14 Days) - Self-isolate the whole household</p>	<p>...the quarantines period of 14 days has been completed.</p>
<p>... we have received medical advice that my child must resume shielding</p>	<p>- Do not come to school - Contact school to inform us - Shield until you are informed that restrictions are lifted and shielding is paused again</p>	<p>...restrictions have been lifted and your child can return to school again.</p>
<p>... my child's class (bubble) is closed due to a COVID-19 outbreak in school</p>	<p>- Do not come to school - Your child will need to isolate for 14 days - Siblings can continue to attend At home support your child with remote education.</p>	<p>...school informs you that the bubble will be reopened</p>

What is meant by a 'contact'

A 'contact' is a person who has been close to someone who has tested positive for COVID-19 anytime from 2 days before the person was symptomatic up to 10 days from onset of symptoms (this is when they are infectious to others). For example, a contact can be:

- people who spend significant time in the same household as a person who has tested positive for COVID-19
- sexual partners
- a person who has had face-to-face contact (within one metre), with someone who has tested positive for COVID-19, including:
 - being coughed on
 - having a face-to-face conversation within one metre
 - having skin-to-skin physical contact, or
 - contact within one metre for one minute or longer without face-to-face contact
- a person who has been within 2 metres of someone who has tested positive for COVID-19 for more than 15 minutes
- a person who has travelled in a small vehicle with someone who has tested positive for COVID-19 or in a large vehicle or plane near someone who has tested positive for COVID-19

Where an interaction between 2 people has taken place through a Perspex (or equivalent) screen, this would not be considered sufficient contact, provided that there has been no other contact such as any of those indicated above.

Current advice from Public Health Dorset

What to do if you need a test

We know people have been experiencing delays in booking tests and we would urge you to continue trying to book a test, more slots are being added throughout the day. Please remember, you should only book a test if you have COVID-19 symptoms or if you have been specifically advised by NHS services to book one. If you have been asked to self-isolate for 10 days you do not need to book a test, you just need to self-isolate for the full amount of time and book a test if you develop any of the symptoms:

- a high temperature (37.6 degrees or higher)
- a new or continuous cough (coughing consistently for a long time)
- and/or a loss or change to your sense of smell or taste

You can also get a test for someone you live with if they have these symptoms.

A runny nose, sore throat or headache are not considered COVID-19 symptoms without any of the above.

Self Isolation

Self-isolating means you do not leave your house even to buy food or other essentials. You will need to get someone else to do that for you. Do not let anyone else into your house while you are self-isolating.

If you cannot get a test but have any of the symptoms (or you receive a positive test result) you should remain at home for at least 10 days.

Other members of your household, including those who do not have any symptoms, should then also stay at home and not leave the house for 10 days.

If you have been identified as a close contact of someone who has tested positive for COVID-19 you must self-isolate for 10 days. There is no need to book a test unless you experience COVID-19 symptoms.