

# COVID-19 ABSENCE

Updated:  
March 2021

## A quick guide for parents / carers

Please note: the first day of self-isolation is day 0. You must stay in isolation for the next 10 full days

| What to do if...   | Action needed  | Back to school...   |
|--|--|---|
| ...my child has COVID-19 (coronavirus) symptoms*   | <ul style="list-style-type: none"><li>• Child shouldn't attend school</li><li>• Child should get a test</li><li>• Whole household self-isolates while waiting for test result</li><li>• Inform school immediately about test result</li></ul>  | ... When child's test comes back negative and the child is well enough  |
| ... my child tests positive for COVID-19 (coronavirus) using a lateral flow test (rapid test) and they don't have symptoms | <ul style="list-style-type: none"><li>• If the child was tested at school they should go home immediately</li><li>• if the child tested at home they should inform school immediately about their test results</li><li>• Child should have a confirmatory PCR test to confirm the result if they got a positive result from a rapid test (order online or call 119)</li><li>• Whole household self-isolates for 10 days from day of test – even if someone tests negative during those 10 days</li></ul> | ... after 10 days, as long as they haven't developed any symptoms. If they do develop symptoms, they need to self-isolate for 10 days from the start of symptoms* |
| ... my child tests positive for COVID-19 (coronavirus) and they have symptoms  | <ul style="list-style-type: none"><li>• Child shouldn't attend school</li><li>• Inform school immediately about test results</li><li>• Child self-isolates for at least 10 days from when any symptoms started (or from day of test if no symptoms)</li><li>• Whole household self-isolates for 10 days from day when symptoms* started (or from day of test if no symptoms) – even if someone tests negative during those 10 days</li></ul>   | After 10 days, if the child's symptoms have gone, or if the only symptoms they have are a cough or loss of smell or taste, which can last for several weeks.      |
| ...somebody in my household has COVID-19 (coronavirus) symptoms*   | <ul style="list-style-type: none"><li>• Child shouldn't attend school</li><li>• Household member with symptoms should get a test</li><li>• Whole household self-isolates for 10 days while waiting for test result</li><li>• Inform school immediately about test results</li></ul>  | ... when household member test is negative, and child does not have COVID-19 symptoms*  |

\*symptoms includes at least one of the following: a high temperature; a new continuous cough; a loss of or change to your sense of smell or taste.

See more at [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)



**What to do if...****Action needed****Back to school...**

**... somebody in my household has tested positive for COVID-19 (coronavirus)**

- Child shouldn't attend school
- Whole household self-isolates for 10 days - even if someone tests negative during those 10 days
- Day 0 is the day the first person in the household's symptoms started (or the day the test was taken if no symptoms)
- If the child develops symptoms whilst self-isolating, they should get tested, and if they test positive they will need to self-isolate for 10 days from when their symptoms started

**... when child has completed 10 days of self-isolation, as long as they are well**

**...NHS Test and Trace or your school/nursery has identified my child as a 'close contact' of somebody with symptoms\* or confirmed COVID-19 (coronavirus)**

- Child shouldn't attend school
- Child self-isolates for 10 days (as advised by NHS Test and Trace, or your school / nursery) - even if they test negative during those 10 days
- Rest of household does not need to self-isolate, unless they are a 'close contact' too
- If, during the isolation period, they develop symptoms or test positive they (and their household) will need to self-isolate for 10 days from when symptoms started or, if there are no symptoms, for 10 days from when they were tested

**... 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**

- From 15 February onwards, everyone allowed to enter England who has visited or passed through a country where travel to the UK is banned in the last 10 days must:
  - quarantine for 10 days in a managed quarantine hotel
  - take a coronavirus test on or before day two and on or after day eight of quarantining
  - Read more about international travel and how this operates ([gov.uk/uk-border-control/before-you-leave-for-the-uk](https://www.gov.uk/uk-border-control/before-you-leave-for-the-uk))
- Do not take unauthorised leave in term time
- Consider quarantine requirements and Foreign and Commonwealth Office advice when booking travel
- Provide information to school as per attendance policy

**... when the quarantine period has been completed for the child (10 days)**

**Returning from a destination where quarantine is needed:**

- Child shouldn't attend school
- Day 0 of self-isolation is the day you arrive in the UK

## What to do if...

## Action needed

## Back to school...

... we have received advice from a medical / official source that my child must resume shielding

- Child shouldn't attend school
- Contact school as advised by attendance officer / pastoral team
- 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

... I am not sure who should get a test for COVID-19 (coronavirus)

### There are two types of tests for COVID-19

For people who **don't have symptoms**:

- Simple and quick tests, known as lateral flow device (LFD) tests are used to test people, without the need for a laboratory. Children in secondary schools and colleges will be tested on site from 8 March and then issued with testing kits to use at home. If they test positive, then the child **and their close contacts** will be required to self-isolate for 10 days
- If any of the close contacts develop symptoms, they should stay at home and get tested
- If anyone tests positive whilst **not experiencing symptoms** but develop symptoms during the isolation period, they must restart the 10-day isolation period from the day they developed symptoms

For people who **have symptoms**, they should book a test online at [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or call **119**. The whole household should isolate for 10 days

... children who have tested negative and/ or who have no symptoms are able to attend school providing they are not isolating for any of the reasons set out above

For further information and support to self-isolate:  
[camden.gov.uk/coronavirus](https://camden.gov.uk/coronavirus) 020 7974 4444 (option 9)

