What to do if someone in your household develops COVID-19 (coronavirus) symptoms

What are the symptoms of COVID-19 (coronavirus)?

The main symptoms of coronavirus are:

- a **high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a **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)
- a **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

Most people with coronavirus have at least 1 of these symptoms.

What do I do if someone in my household develops symptoms?

If someone other than your child develops symptoms, then you should arrange for them to have a COVID-19 (coronavirus) test as soon as possible.

Your child **must not come into school** if someone else in their household has COVID-19 (coronavirus) symptoms. They must self-isolate at home in line with NHS guidance until the result comes through for the person who has had the test.

Your child (and anyone else in the household) should self-isolate for 14 days if another member of the household

- has symptoms of coronavirus and tested positive, had an unclear result or did not have a test
- tested positive but has not had symptoms

This is because it can take 14 days for symptoms to appear.

Your child can stop self-isolating after 14 days if they do not develop any symptoms of COVID-19 (coronavirus) – a high temperature, a new continuous cough or a loss of taste or smell.

What do I do if my child develops symptoms?

Check whether your child has a high temperature, a new continuous cough or a loss or change to their sense of smell or taste. These are the main symptoms of COVID-19 (coronavirus).

Book a **coronavirus test** for your child.

Your child **must not come into school** if they have symptoms. They must self-isolate at home.

Everyone in the household must self-isolate until your child's test result comes through.

You may need to provide details of anyone your child has been in close contact with if they were to test positive for coronavirus (COVID-19) or if asked by NHS Test and Trace.

Inform the school immediately of the results of the test. Follow the guidance below and any additional information the school may provide.

How do I book a COVID-19 (coronavirus) test?

Tests can be booked online through the NHS testing and tracing for coronavirus website,

https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/

Tests can be ordered by telephone via NHS 119 for those without access to the internet.

If you cannot get to a test centre, you can ask to have a home test kit delivered.

Test results are delivered by text or email.

What happens when someone gets a test result back?

The following guidance applies to anyone who takes a COVID-19 (coronavirus) test

If a test result is positive…

A positive result means you had coronavirus when the test was done.

If your test is positive, you must **self-isolate immediately**.

- If you had a test because you had symptoms, keep self-isolating for at least 10 days from when your symptoms started.
- If you had a test but have **not** had symptoms, self-isolate for 10 days from when you had the test.

Anyone you live with must also self-isolate for 14 days from when you start self-isolating.

If a test result is negative…

A negative result means the test did not find coronavirus.

You **do not need to self-isolate** if your test is negative, as long as:

- everyone you live with who has symptoms tests negative
- you were not told to self-isolate for 14 days by NHS Test and Trace
- you feel well – if you feel unwell, stay at home until you're feeling better

If you have diarrhoea or you're being sick, stay at home until 48 hours after they've stopped.

If a test result is unclear, void, borderline or inconclusive….

An unclear, void, borderline or inconclusive result means it's not possible to say if you had coronavirus when the test was done.

Get another coronavirus test as soon as possible if this happens.

- If you had a test because you had symptoms, you must keep self-isolating and have another test within 5 days of your symptoms starting.
- If you're not able to have another test in time, you must self-isolate for at least 10 days from when your symptoms started. Anyone you live with must self-isolate for 14 days.
- If you had a test but have not had any symptoms, you do not need to self-isolate while you wait to get another test. People you live with do not need to self-isolate.

Based on NHS guidance correct as at 8 September 2020