**Appendix E- Advice for Staff or Children Who Have Symptoms**

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.

Minimise contact with individuals who are unwell by ensuring that **those who have coronavirus (COVID-19) symptoms, or who have someone in their household who does, do not attend school.**

If you have any of the main symptoms of coronavirus:

Get a test to check if you have coronavirus as soon as possible. Contact the school and inform the Head teacher of your results.

Stay at home and do not have visitors until you get your test result – only leave your home to have a test.

**Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.**

(You should self-isolate for at least **10 days** if you have symptoms from the day the symptoms started).

You should self-isolate for **14 days** if you live with (or are in a support bubble with) someone who:

* **has symptoms of coronavirus and** **did not have a test**
* tested positive
* tested positive but has not had symptoms

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

If your test is negative you can return to school once your temperature returns to normal.

If your test is positive, you should self-isolate for 10 days from when your symptoms started.

You can stop self-isolating after 10 days if either:

* you do not have any symptoms
* you just have a cough or changes to your sense of smell or taste – these can last for weeks after the infection has gone

Keep self-isolating if you feel unwell

Keep self-isolating if you have any of these symptoms after 10 days:

* a high temperature or feeling hot and shivery
* a runny nose or sneezing
* feeling or being sick
* diarrhoea

Only stop self-isolating when these symptoms have gone.

Families who are advised to self-isolate will be sent work for children to complete during their absence (if they are well enough) to ensure they do not fall behind their classmates.

Any questions about the school work should be emailed to the school office.

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

**If there is a Positive Test Result in the School**

The Head of School must be informed immediately. Schools should contact the local health protection team: **0300 303 0450 (out of hours 0344 326 2052)**

Following advice from the health protection team, schools must send home those people who have been in close contact with the person who has tested positive, advising them to self-isolate for 14 days since they were last in close contact with that person when they were infectious.

The health protection team will provide definitive advice on who must be sent home

**Household members of those contacts who are sent home do not need to self-isolate themselves unless the child, young person or staff member who is self-isolating subsequently develops symptoms**. If someone in a class or group that has been asked to self-isolate develops symptoms themselves within their 14-day isolation period they should follow guidance for households with possible or confirmed coronavirus (COVID-19) infection. They should get a test.