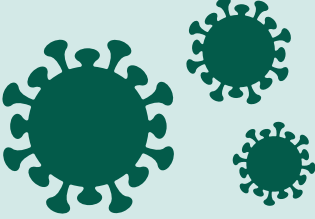


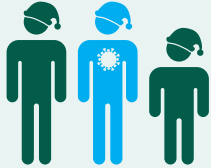




COVID-19 (coronavirus):

A quick guide for parents/carers at Christmas



What to do if...	Action needed	Back to normal...
 <p>...my child has COVID-19 (coronavirus) symptoms*</p>	<ul style="list-style-type: none"> • Child should not attend school and get a test • Whole household self-isolates while waiting for test result. This includes over Christmas 'bubble' period (23rd-27th) • If the test result is received within 6 days of your child finishing school then you MUST inform the school 	<p>If they have a negative test result and feel better</p>
 <p>...my child tests positive for COVID-19 (coronavirus)</p>	<ul style="list-style-type: none"> • Child shouldn't attend school • Child self-isolates for 10 days. The 10 days period starts from the day after the onset of symptoms or the day after the test in the absence of symptoms • If the test result is received within 6 days of your child finishing school then you MUST inform the school • The whole household will need to isolate for 10 days even if someone else tests negative during that time. The 10 days starts the day after the symptoms started (or the day after the test was taken if no symptoms) 	<p>After 10 days isolation, if child feels better and has been without a fever for at least 48 hours</p> <p>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</p> <p>They should carry on isolating if this period overlaps with the start of term in January</p>
 <p>...somebody in my household has COVID-19 (coronavirus) symptoms*</p>	<ul style="list-style-type: none"> • Child should not attend school • Household member with symptoms* should get a test • Whole household self-isolates while waiting for test result including over the Christmas period (23rd-27th) 	<p>When household member test is negative, and child does not have COVID-19 symptoms*</p> <p>The child should carry on isolating over the start of term if the member of the household is still awaiting their test result</p>
 <p>...somebody in my household has tested positive for COVID-19 (coronavirus)</p>	<ul style="list-style-type: none"> • Whole household self-isolates for 10 days. The 10 days starts the day after the onset of symptoms (or day after the test if no symptoms). This includes over the Christmas 'bubble' period (23rd-27th) 	<p>Whole household need to isolate for full 10 days even if they test negative</p> <p>If this period includes the start of term, the child should not return to school until the full 10 days have been completed</p>

What to do if...

Action needed

Back to normal...



...NHS Test and Trace of School 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) – even if they test negative during those 10 days full days, including over the Christmas period (23rd-27th)
- Rest of household does not need to self-isolate, unless they are a 'close contact' too

When the child has completed 10 days of self-isolation, even if they test negative during those 10 days

The child should continue to self isolate even if this period overlaps the Christmas period or the start of term in January



...I want to see family or friends over Christmas

- You can form one Christmas bubble from the 23rd to the 27th of December
- There is a three household limit to the Christmas bubble
- Existing support bubbles count as one household
- You must keep to the same three households throughout the Christmas period (23rd-27th)
- You can travel between tiers and UK nations for the purposes of meeting your Christmas bubble
- If someone gets symptoms they should isolate as a household and not mix with the wider bubble
- Making a Christmas bubble with friends and family - Visit: www.bit.ly/3gJnzKq

Please do not return to school if you have symptoms or if you have been in close contact with someone who has tested positive



...I am travelling to a different tier area over Christmas

- Outside of the Christmas 'bubble' period (23rd-27th) you should avoid travelling to areas that are in a higher tier to the one you live in
- If you do travel to a lower tier you should continue to follow the rules that are set out in the tier where you live
- You should respect the rules that are set out in Scotland, Wales or Northern Ireland

Please do not return to school if you have symptoms or if you have been in close contact with someone who has tested positive



*** Symptoms include at least one of a high temperature; a new continuous cough; a loss of or change to your sense of smell or taste. See more at:**

www.nhs.uk/conditions/coronavirus-covid-19/symptoms

For further information: www.gov.uk/backtoschool
Coronavirus (COVID-19): guidance and support - GOV.UK (www.gov.uk)