

If you are not able to get a test in the first 5 days of having symptoms, you and anyone you live with must stay at home (self-isolate). Anyone in your support bubble must also stay at home.

<https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name>

If you receive a positive test result, whilst not experiencing symptoms, but develop symptoms during the isolation period, then you should restart the 10-day isolation period from the day symptoms develop.

Other members of their household (including any siblings) should self-isolate for 14 days from when the symptomatic person first had symptoms.

Of course, if the test is negative, everyone is safe to return to school and daily life immediately.

If your child has a runny nose and symptoms of a common cold, they are safe to be in school, as long as they do not have any of the key main symptoms of coronavirus. For example: My child has a runny nose, but no temperature, cough or loss of taste and smell, are they okay to come to school? Yes, there are.

We have been asked if we can insist a family seek testing for coronavirus. No, we cannot. However, we would strongly recommend that you do try and administer a test. Older children are tested using a swab which is rubbed around the back of the throat and a nostril, younger children can be swabbed nasally. The results are returned very promptly.

If you and/or any member of your family have symptoms but decide not to be tested you will have to self-isolate for 10 days.

As ever, any questions please do get in touch.

Best wishes

Ms. Costello



September 7, 2020

Good morning,

We have experienced a high number of telephone calls and emails this morning regarding children who are not feeling well. We would like to take this opportunity to clarify the following:

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 but you can if you have a home thermometer)
- **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. If you or your child have any of the main symptoms of coronavirus (COVID-19), get a test as soon as possible and stay at home until you get the result.

**When to get a test:**

If you have symptoms, get a test as soon as possible. You need to get the test done in the first 5 days of having symptoms.

Book a visit to a test site to have the test today. Or order a home test kit if you cannot get to a test site.

On days 1 to 4 of your symptoms, you can get tested at a site or at home. If you're ordering a home test kit on day 4, do it by 3pm.

On day 5, you need to go to a test site. It's too late to order a home test kit.