



JOHN RUSKIN
PRIMARY SCHOOL



INFORMATION FOR PARENTS & CARERS CORONAVIRUS PREVENTION

Do not bring your child into the school if they or anyone in your household have [coronavirus \(COVID-19\) symptoms](#) or have tested positive in at least the last 10 days

The main symptoms of coronavirus are:

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

If your child or a member of your household have symptoms of coronavirus

- Isolate: as soon as you experience coronavirus symptoms, medical advice is clear: you must self-isolate for at least 10 days. Anyone else in your household must self-isolate for 14 days from when you started having symptoms
- Test: [get a free NHS test immediately to check if you have coronavirus](#) (<https://www.gov.uk/get-coronavirus-test>) or call 119 if you have no internet access
Results: if your test is positive, you must complete the remainder of your 10-day self-isolation. Anyone in your household must also complete self-isolation for 14 days from when you started having symptoms.
If your test is negative, other household members no longer need to self-isolate. If you feel well and no longer have symptoms similar to coronavirus, you can stop self-isolating (unless you have been contacted separately by NHS Test and Trace as a contact of someone who has tested positive).
- Share contacts: if you test positive for coronavirus, the NHS Test and Trace service will send you a text or email alert or call you with instructions of how to share details of people with whom you have had close, recent contact and places you have visited. It is important that you respond as soon as possible so that we can give appropriate advice to those who need it. You will be told to do this online via a



- secure website or you will be called by one of our contract tracers. If NHS Test and Trace contact tracers are unable to contact you for 24 hours, they may pass your case to your local authority to follow up by phone or in person.

If you are contacted by the NHS Test and Trace service because your child has been in close contact with someone who has tested positive for coronavirus

- **Alert:** you will be alerted by the NHS Test and Trace service if your child has been in close contact with someone who has tested positive for coronavirus. The alert will usually come by text, email or phone call. You should then log on to the NHS Test and Trace website, which is normally the easiest way for you and the service to communicate with each other – but, if not, a trained call handler will talk you through what you must do. Under-18s will get a phone call and a parent or guardian will be asked to give permission for the call to continue
- **Isolate:** you will be told that your child should begin self-isolation for 14 days from their last contact with the person who has tested positive. It's really important to do this even if your child doesn'tt feel unwell because, if they have been infected, they could become infectious to others at any point up to 14 days.
- **Test if needed:** if your child develops symptoms of coronavirus, other members of your household must self-isolate immediately at home for 14 days and your child must [get a test to check if you have coronavirus](#) or call 119 if you have no internet access. If the test is positive, they must continue to stay at home for at least 10 days. If the test is negative, your child must still complete your 14-day self-isolation period because the virus may not be detectable yet - this is crucial to avoid unknowingly spreading the virus.

Please ensure you follow these guidelines to keep us all safe

Thank you