

# Is my child well enough to attend school or an early years setting?

## A quick guide for parents/carers.

<b>What to do if:</b>	<b>Action to take:</b>	<b>Back to school or early years setting?</b>
<p>...your child is unwell and has a high temperature (this means their temperature is 38°C or higher). They have not tested positive for Covid-19.</p>	<p><b>Keep your child at home:</b></p> <ul style="list-style-type: none"><li>• It is recommended that your child stays at home if they have a high temperature.</li><li>• Your child should avoid close contact with <b>people who may be at high risk</b> from respiratory infections, such as COVID-19 (even if your child has tested negative for COVID-19).</li></ul> <p><b>Stop the spread:</b> Encourage your child to wash their hands regularly. They should use tissues to wipe their nose and catch coughs &amp; sneezes. Throw used tissues away.</p> <p><b>Caring for your child:</b> Follow NHS advice on how to look a child with a high temperature: <b>High temperature (fever) in children - NHS</b> (<a href="http://www.nhs.uk">www.nhs.uk</a>)</p>	<p>...when your child's temperature returns to normal (less than 38°C) and they feel well enough to go.</p> <p>Child has high temperature, but medication like ibuprofen or Calpol brings the temperature down? They should stay at home until their temperature is ok without medication.</p> <p>This is because they are still infectious and able to pass the illness on to other people.</p>
<p>...your child is unwell with cold-like symptoms (such as a sore throat and runny nose) but does not have a temperature. They have not tested positive for COVID-19.</p>	<p><b>Stop the spread:</b> Encourage your child to wash their hands regularly. They should use tissues to wipe their nose and catch coughs &amp; sneezes. Throw used tissues away.</p> <p><b>Caring for your child:</b> Follow NHS advice: <b>Common cold - NHS</b> (<a href="http://www.nhs.uk">www.nhs.uk</a>)</p>	<p>...straight away. Your child can continue to attend if they have cold-like symptoms (as long as they feel well enough to go and don't have a high temperature).</p>



**What to do if:**

**...your child has tested positive for COVID-19**

**... your child has been sick (vomited) and /or has diarrhoea**

**Action to take:****Keep your child at home:**

- Children and young people aged 0-18: should stay at home and NOT attend school or early years settings for at least 3 days (day '0' is counted as the day of the first positive test).
- Young people aged 19+: The recommended time period to follow the advice above is 5 days.
- Your child should particularly avoid contact with **people who may be at high risk** from COVID-19.

**Stop the spread:**

Encourage your child to wash their hands regularly. They should use tissues to wipe their nose and catch coughs & sneezes. Throw used tissues away.

**Caring for your child:**

Follow NHS advice: **How to look after yourself at home if you have coronavirus (COVID-19) or symptoms of COVID-19 – NHS** [\\_\(www.nhs.uk\)](http://www.nhs.uk)

**Keep your child at home:**

Your child should stay at home whilst they have symptoms and for a full 48 hours after their symptoms have stopped.

**Stop the spread:**

Encourage your child to wash their hands regularly. They should not share towels, flannels, cutlery, or utensils.

Spills of vomit and diarrhoea should be cleaned using a bleach-based solution. Wash any contaminated clothing or bedding using detergent and a hot wash cycle (60°C).

Other people in the house should wash their hands regularly, especially after cleaning spills of vomit or diarrhoea and before preparing food or eating.

**Caring for your child:**

Follow NHS advice: [Diarrhoea and vomiting - NHS \(www.nhs.uk\)](http://www.nhs.uk)

**Back to school or early years setting?**

**...when your child has completed the recommended stay-at-home period (as long as they feel well enough to go and do not have a high temperature).**

**...when your child has not had symptoms for 48 hours (as long as they feel well enough to go).**