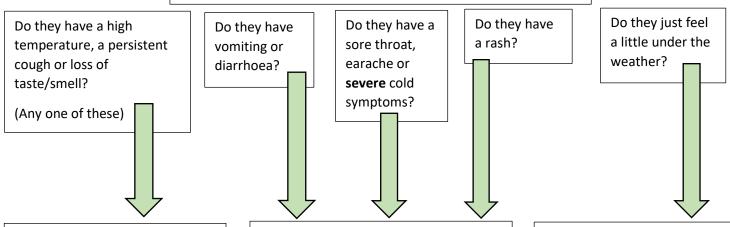## What to do if my child feels unwell

This is just a guide to support your decision making process,
If in doubt please contact your GP or 111 for further information

My child is complaining of feeling unwell.

I am not sure whether they should go to school.

Do they have a high temperature, a persistent cough or loss of taste/smell?

(Any one of these)

Do they have vomiting or diarrhoea?

Do they have a sore throat, earache or **severe** cold symptoms?

Do they have a rash?

Do they just feel a little under the weather?

Keep them at home. The whole household must isolate.

Visit the NHS website to request a COVID test or call 111 for more advice.

Inform school by calling 01375 898363 or by emailing a.mail.ltp@osborne.coop

Follow the steps for a positive or negative result. Inform school of the result.

TEST IS POSITIVE:
Child must isolate at home for 10 days at least or until feeling better.
Rest of household must isolate for 14 days, if symptoms develop then they must get tested follow the relevant steps.
https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/

TEST IS NEGATIVE:
If they feel well **and** no longer have symptoms similar to coronavirus (COVID-19), they can stop self-isolating. The whole household (or support bubble) must also test negative if they had symptoms to stop self-isolation.

Keep them at home and check their temperature regularly. If no COVID symptoms develop then send them back to school when they are well enough.

For vomiting or diarrhoea they must not return to school for 48 hours after the last episode of illness.

For other illness/rashes, please considering calling your GP or 111 to determine the cause.

If they do develop symptoms (temperature, cough or loss of tatse/smell) then visit the NHS website to request a COVID test or call 111 for more advice.

Inform school by calling 01375 898363 or by emailing a.mail.ltp@osborne.coop

Follow the steps for a positive or negative result and inform school of the result.

Send them to school.

Consider giving them medicine before they come in (calpol) and let school staff know they feel a little poorly by calling the office 01375 898363 or by emailing a.mail.ltp@osborne.coop

School staff will monitor the child and contact you should they get worse or develop symptoms, which mean they cannot be in school.

Useful Websites:

https://www.nhs.uk/live-well/healthy-body/is-my-child-too-ill-for-school/

https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/