

What to do when my child is not well

With children starting to mix together again, it is likely that they are going to get seasonal colds but not all illnesses mean they must stay off school or self-isolate.

We want to remind you that COVID-19 symptoms are:

- ! a **high temperature** (hot to touch on the back or chest)
- ! 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 of or change to your taste or smell**.

More detail of the symptoms can be found: <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

If your child is **showing symptoms** they must get a **PCR Test**. A Lateral Flow Test is not sufficient. More details can be found: <https://www.nhs.uk/conditions/coronavirus-covid-19/testing/get-tested-for-coronavirus/>

Please see below for different types of illness and what action should be taken:

COVID-19

What to do if...	Action needed...	Return to school when...
...my child has COVID-19 symptoms*	<ul style="list-style-type: none"> - Do not come to school - Contact school to inform us - Self-isolate the whole household - Get a COVID-19 test - Inform school immediately about the test result 	...the test comes back negative and your child feels well enough.
...my child tests positive for COVID-19	<ul style="list-style-type: none"> - Do not come to school - Contact school to inform us - Inform school of the earliest date for possible return as advised by NHS Track & Trace - Self-isolate the whole household for 10 days or as advised by NHS Track & Trace - if another person in the household has symptoms or tests positive, the self-isolation period will need to start again 	<p>... the isolation period determined by NHS Track & Trace is complete.</p> <p>Your child can return even if they have a cough or loss of taste/smell as these symptoms can last for several weeks.</p> <p>Your child feels well enough to return.</p> <p>All children who test positive must complete the required isolation period.</p>
...my child has COVID-19 symptoms but tests negative	<ul style="list-style-type: none"> - Contact school to inform us - Discuss when your child can come back (same/next day) 	... your child feels well enough.

*COVID-19 symptoms are: a high temperature, 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 of or change to your taste or smell

Call 111 if you're worried about a baby or child under 5.

If your child seems very unwell, is getting worse or you think there's something seriously wrong, call 999.

Do not delay getting help if you're worried. Trust your instincts.

Get more advice about [coronavirus in children](#).

Vomiting and diarrhoea

If a child has sickness and diarrhoea they should not come to school. Parents/carers should contact the school to inform them of a child's absence and ring the school on each day of illness.

A child can return to school 48 hours after the last bout of sickness or diarrhea, but should not swim for 2 weeks following the last episode of illness.

Colds

If a child is poorly with symptoms of a cold such as a runny nose or sore throat,

- Check temperature and for symptoms of COVID-19
- If no COVID-19 symptoms, come to school if well enough
- If not well enough, ring on each day of illness

The child can come back to school when they feel well enough and are not showing symptoms of COVID-19

For all other advice around schools relating to COVID-19 please visit:

<https://www.gov.uk/government/publications/what-parents-and-carers-need-to-know-about-early-years-providers-schools-and-colleges-during-the-coronavirus-covid-19-outbreak>

For advice regarding other childhood illnesses please visit: [https://www.st-johns.bournemouth.sch.uk/wp-](https://www.st-johns.bournemouth.sch.uk/wp-content/uploads/2019/10/Guidance_on_infection_control_in-schools_poster.pdf)

[content/uploads/2019/10/Guidance_on_infection_control_in-schools_poster.pdf](https://www.st-johns.bournemouth.sch.uk/wp-content/uploads/2019/10/Guidance_on_infection_control_in-schools_poster.pdf)