



## Kenilworth School & Sixth Form

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*Aspiring to excellence*

### Information for parents and carers

#### **For individuals who develop symptoms of coronavirus and when to self-isolate**

The medical advice is clear: you must self-isolate if you have coronavirus symptoms or live in the same household as somebody who does. 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 you have one or more of these symptoms, you must self-isolate straight away for 10 days – or longer if you still have symptoms other than cough or loss of sense of smell/taste.

If you live in the same household as someone with coronavirus symptoms, you must self-isolate straight away for 14 days.

**If your child shows any of the above symptoms, please inform the school as soon as possible and follow the government guidelines below:**

**If your child is sent home with any of the above symptoms, or your child or any of your family show any of the above symptoms, you must get a test for yourself and your children – do not go to a GP surgery, pharmacy or hospital – please follow the government guidelines below:**

#### **Getting a coronavirus test**

If you have access to the internet go to the following site to organise a test: <https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name>

You can have a swab test to check if you have coronavirus (COVID-19) now. You can choose to take the test:

- at a test site near you today and get your result tomorrow
- with a home test kit

There is another test, the antibody test to check if you've had coronavirus. This is not widely available yet.

#### **Who can get a test?**

You can get a test:

- for yourself, if you have coronavirus symptoms now (a high temperature, a new, continuous cough, or a loss or change to your sense of smell or taste)
- for someone you live with, if they have symptoms

- if you live in England and have been told to have a test before you go into hospital, for example, for surgery
- if your local council asks you to get a test

This service is for people of all ages in England, Scotland, Wales and Northern Ireland.

### **When to get a test**

If you have coronavirus symptoms, you need to get a test done 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, you can get tested at a site or at home. If you're ordering a home test kit on day 4, do so by 3pm.

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

### **Get help applying for a test:**

If you have problems using the online service, call:

- 119 if you're in England, Wales or Northern Ireland
- 0300 303 2713 if you're in Scotland

Lines are open 7am to 11pm.

If a family member has tested positive whilst not experiencing symptoms but develop symptoms during the isolation period, they should restart the 10 day isolation period from the day they develop symptoms.

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

### **Covid 19 test results**

**Once you get your results, it is vital that you inform the school of the outcome of the results as soon as possible (even if the result is negative).**

**Following a positive test result, you will receive a request by text, email or phone to log into the NHS Test and Trace service website and provide information about recent close contacts.**

**If a result comes back as being positive, the school will need to take further steps with those individuals that your child has come into contact with (in line with the NHS Test and Trace program) as well as informing the local Public Health Protection team.**

**If a test returns as being positive, please follow the latest NHS guidance which can be found at:**

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

**If you test negative**

If you get a negative test result, this means you are at low risk of having coronavirus.

Other members of your household can stop self-isolating. If you feel well and no longer have symptoms similar to coronavirus, you can stop self-isolating. You could still have another virus, such as a cold or flu – in which case it is still best to avoid contact with other people until you are better.