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

A quick guide for parents / carers

What to do if…	Action to take	Back to school or early years setting…
…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.**	**Keep your child at home:** • It is recommended that your child stays at home if they have a high temperature. • Your child should avoid close contact with **people who may be at high risk** from respiratory infections, such as COVID-19 (even if your child has tested negative for 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 on how to look a child with a high temperature: **High temperature (fever) in children - NHS (www.nhs.uk)**	**…when your child's temperature returns to normal (less than 38°C) and they feel well enough to go.** 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. This is because they are still infectious and able to pass the illness on to other people.
…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.**	**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: **Common cold - NHS (www.nhs.uk)**	**…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).**

What to do if…	Action to take	Back to school or early years setting…
…your child has tested positive for COVID-19	**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)**	**…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).**
… your child has been sick (vomited) and /or has diarrhoea	**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)**	**…when your child has not had symptoms for 48 hours (as long as they feel well enough to go).**