



PARENT GUIDE TO ABSENCE DURING ILLNESS

My child is unwell with one or more of the following NHS defined symptoms:

- 1. A new, continuous cough*
- 2. A fever (high temperature)*
- 3. A loss or change in sense of taste or smell*

YES

Your **whole** household must isolate at home and not attend work or school.

Call the school on 0208 353 4270 or Email office@orchardside.school

Speak to 119 or go to www.gov.uk/coronavirus and arrange for a COVID-19 test to be done. Your entire household must remain isolating until you receive the result.

NO

Providing you judge your child is well-enough to come to school, they may still attend with the following symptoms:

1. A runny nose
2. A sore throat without a fever
3. A mild cold
4. Issues relating to an allergy

COVID-19
TEST
POSITIVE

Please inform the school immediately on 0208 353 4270

Your child needs to complete 10 days' self-isolation from date of first symptoms, and your household 14 days

COVID-19
TEST
NEGATIVE

Please notify the school office of a negative result prior to your child returning to school

Your child can return to school when they are well enough, and your household no longer needs to self-isolate

NHS Definitions: (14/09/2020)

1. A high temperature (fever): This means hot to touch on your chest or back or a temperature of 37.8 degrees Celsius or higher
2. 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 normal)
3. A 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