

Schools advice to parents and carers

Keeping our children, schools and communities safe

Currently only people with COVID-19 symptoms need to **get tested**:

A high temperature

OR new, continuous cough

OR loss or change to sense of smell or taste

Visit the 111 [online symptom checker](#) and [check the government website](#) for changes to testing guidance.

People without COVID-19 symptoms don't need to get tested, unless asked to by a health professional, even if they are a 'close contact' of someone who tests positive. Close contacts should isolate for 14 days and only get tested if they develop COVID-19 symptoms.

Stay up to date with the latest coronavirus (COVID-19) advice in Devon at devon.cc/covid-19 and sign up to receive updates at devon.cc/connectme

| What if... | You need to... | Return to school... |
|--|---|---|
| My child has COVID-19 symptoms? | <p>Keep your child at home and tell school they have COVID-19 symptoms</p> <ul style="list-style-type: none"> • Get your child tested and tell school the result. • Self-isolate whole household while waiting for test result (If unable to get a test, child must self-isolate for 10 days from when their symptoms started and rest of household must self-isolate for 14 days) | if your child's test result is negative and they feel completely well. They should be without a high temperature for at least 24 hours. |
| My child tests positive for COVID-19? | <p>Keep your child at home and tell school test result</p> <ul style="list-style-type: none"> • Self-isolate your child for 10 days from when their symptoms started (or from day of test if no symptoms). • Self isolate your whole household for 14 days from when your child's symptoms started (or from day of test if no symptoms) even if someone else in the household tests negative during that time. | after completing 10 days self-isolation and they feel completely well. They should be without a high temperature for at least 24 hours. They can return to school even with a cough or loss/change of taste or smell as these symptoms can last for several weeks after the infection has gone. |

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| What if... | You need to... | Return to school... |
|---|---|--|
| <p>Someone in my household has COVID-19 symptoms?</p> | <p>Keep your child at home and tell school a household member has COVID-19 symptoms</p> <ul style="list-style-type: none"> Household member with symptoms should get tested. Whole household self-isolates while waiting for test result (If unable to get a test, household member with symptoms must self-isolate for 10 days from when their symptoms started and rest of household must self-isolate for 14 days). | <p>when the household member's test result is negative, and your child does not have any COVID-19 symptoms.</p> |
| <p>Someone in my household tests positive for COVID-19?</p> | <p>Keep your child at home and tell school test result</p> <ul style="list-style-type: none"> Whole household self-isolates for 14 days from when this person's symptoms started (or from day of test if no symptoms) even if someone else in the household tests negative during that time. | <p>when your child has completed 14 days self-isolation (even if they test negative during that time) and does not have any COVID-19 symptoms.</p> |
| <p>NHS Test and Trace identifies my child as a 'close contact' of someone who tests positive for COVID-19?</p> | <p>Keep your child at home and tell school</p> <ul style="list-style-type: none"> Self isolate your child for 14 days (even if they test negative during that time). Rest of household doesn't need to self-isolate, unless they are a 'close contact' too. | <p>when your child has completed 14 days self-isolation (even if they test negative during that time) and does not have any COVID-19 symptoms.</p> |
| <p>We have travelled and must self-isolate due to quarantine rules?</p> | <p>Keep your child at home and tell school</p> <ul style="list-style-type: none"> Household members that travelled must self-isolate for 14 days, even if someone tests negative in that time. Please do not take unauthorised leave during term, and consider quarantine requirements and government advice when booking travel. | <p>when your child has completed 14 days self-isolation (even if they test negative during that time) and does not have any COVID-19 symptoms.</p> |
| <p>We receive advice from a medical/ official source that my child must resume shielding?</p> | <p>Keep your child at home and contact school to discuss</p> <ul style="list-style-type: none"> Shield your child until you are told that restrictions are lifted, and shielding is paused again. | <p>when you are told that restrictions are lifted, and shielding is paused again.</p> |
| <p>My child has a runny/ stuffy nose or sore throat, but does not have COVID-19 symptoms</p> | <p>Think about whether your child is well enough to go to school or not</p> | <p>If you think your child is well enough, and they do not have any symptoms of COVID-19. Use the NHS111 symptom checker if you're not sure</p> |

For a more accessible version of this information please visit

devon.cc/covid19-school-absence

and if you require this information in another format or language please email

communications@devon.gov.uk

Symptoms checker

Only people with COVID-19 symptoms need to **get tested** –

A high temperature

OR new, continuous cough

OR loss or change to sense of smell or taste

Use the NHS 111 [online symptom checker](#) if you're not sure.

| Symptoms | COVID-19 Mild to severe | Cold Gradual onset | Flu Rapid onset |
|---|-------------------------------------|-----------------------|--------------------------|
| Fever/high temperature (37.8°C or above) | Common | Rare | Common |
| New cough | Common (usually dry and continuous) | Sometimes | Common (usually dry) |
| Recent loss or change to sense of taste or smell | Common | Rare | No |
| Fatigue | Sometimes (common in children) | Sometimes | Common |
| Sneezing | No | Common | No |
| Aches and pains | Sometimes | Common | Common |
| Runny or stuffy nose | Rare | Common | Sometimes |
| Sore throat | Sometimes | Common | Sometimes |
| Diarrhoea | Rare (sometimes for children) | No | Sometimes (for children) |
| Headaches | Sometimes | Rare | Common |
| Shortness of breath | Sometimes | No | No |

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