

NHS Test and Trace Process

What to do if you or your child has symptoms of Covid-19

- Anyone who becomes unwell with a new and persistent cough or a high temperature, or has a loss of, or change in, their normal sense of taste or smell, **must stay at home and self-isolate for at least 10 days**. They must also arrange to have a test using the Government website at <https://www.gov.uk/get-coronavirus-test> or by phoning NHS 119.
- Parents and /or students **must** inform the school immediately of the results of a test.
- If the test result is positive, parents must also provide details of anyone they or their child have been in close contact with. They must also do this if they are asked to by NHS Test and Trace.
- If anyone has tested positive whilst not experiencing symptoms but develops symptoms during the isolation period, they should restart the 10 day isolation period from the day they develop symptoms.
- Other members of the household (including any siblings) should self-isolate for 14 days from when the symptomatic person first had symptoms.

What to do if your child is sent home from school as a result of being in contact with someone who tests positive for Covid-19

- If your child is sent home because he/she has been in contact with a child in school who tested positive, he/she should self-isolate for 14 days and get a test at <https://www.gov.uk/get-coronavirus-test> or by phoning NHS 119.
- If the test delivers a negative result, he/she must remain in isolation for the remainder of the 14-day isolation period. This is because he/she could still develop Covid-19 within the remaining days. If the test result is positive, you should inform the school immediately, and your child should isolate for at least 10 days from the onset of their symptoms.
- Your household should also self-isolate for at least 14 days from when the symptomatic person first had symptoms, following '[stay at home: guidance for households with possible or confirmed coronavirus \(COVID-19\) infection](#)'

What to do if you are contacted by NHS Test and Trace because you have been in contact with someone who has tested positive outside of school

- If you or your child is contacted by NHS Test and Trace and asked to self-isolate for 14 days, you must tell the school immediately and you must also organise a test.
- If you or your child tests positive, you must let the school know immediately.