



Important Coronavirus (Covid-19) Information for Parents/Carers

Please note the following information about when to keep children home, request a test etc. This is a school summary – more detailed Welsh Government guidance can be found at <https://gov.wales/education-coronavirus>

School contact details: phone 01633 277867 or e-mail admin@llswerryhigh.org

Symptoms:

The symptoms of coronavirus (COVID-19) are:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- 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 usual)
- a loss or change to your sense of smell or taste – this means you've noticed that you cannot smell or taste anything, or things smell or taste different to normal

To protect others, please **do not** go to places like a GP surgery, chemist or hospital if you or your children have any of these symptoms. Get a test to check if you or your child has coronavirus and **stay at home until you get the result.**

If your child displays symptoms at home:

Keep them, and any brothers or sisters (everyone in the household) at home and book a test. Inform the school of the situation and also the result of the test.

If someone else in your household displays symptoms:

Keep your child/children (everyone in the household) at home until a test is taken and the result known. Tell the school the result of the test.

If your child is in contact with someone outside your household who tests positive:

Your child may only need to be tested if you are contacted by someone from the Track and Trace team (also known as TTP –Track, Trace and Protect). Please contact the school to discuss whether your child can attend school.

If your child displays symptoms in school:

Your child will be kept apart from other children, we will inform you and ask you to collect your child and any brothers or sisters. **It is vital that we can contact you during every school day.** You will need to arrange a test for them.



If someone in your household is waiting for the results of a test:

Any children who are in a household where someone is waiting for the results of a test should not come into school until the results are known. Please contact the school if this is the case.

How to arrange a test:

You can apply for a test online by clicking on the link below. You can also call the free number 119 between the hours of 7 o'clock in the morning to 11 o'clock at night. People with hearing or speech difficulties can call 18001 119.

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>

Self-Isolation Guidance – How Long Should Self-Isolation Last For?

If you have symptoms of COVID-19, however mild, you must self-isolate at home for at least **10 days** from when your symptoms started. Do not go to a GP surgery, pharmacy or hospital. You should **arrange to have a test to see if you have COVID-19**.

If you are not experiencing symptoms but have tested positive for COVID-19 you also must self-isolate for at least 10 days, starting from the day the test was taken. If you develop symptoms during this isolation period, you must restart your 10-day isolation from the day you develop symptoms.

After 10 days, if you still have a temperature you must continue to self-isolate and seek medical advice. You do not need to continue to self-isolate after 10 days if you only have a cough or loss of smell or taste, as these symptoms can last for several weeks after the infection has gone. See the **ending isolation** section below for more information.

If you live with others, all other household members must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the house became ill or if they do not have symptoms, from the day their test was taken. If anyone else in the household starts displaying symptoms, they must stay at home for at least 10 days from when their symptoms appear, regardless of what day they are on in their original 14-day isolation period. The **ending isolation section** below has more information.

If you live with others and you are the first in the household to have symptoms of coronavirus (COVID-19), then you must stay at home for **at least 10 days**. All other household members who remain well must stay at home and not leave the house for **14 days**. The 14-day period starts from the day when the first person in the house became ill.



Staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community.

If you have symptoms, you should stay as far away from other members of your household as possible. It is especially important to stay away from anyone who is [at risk or extremely vulnerable \(shielding\)](#) with whom you share a household.

Reduce the spread of infection in your home by washing your hands regularly for 20 seconds, each time using soap and water, or use hand sanitiser, and cover coughs and sneezes.

[Following a positive test result](#), you will be contacted by a contact tracer on behalf of the NHS Wales Test, Trace, Protect service. You will only be contacted after you have had a positive test.

If you feel you cannot cope with your symptoms at home, or your condition gets worse, then use the [NHS 111 Wales online coronavirus service](#). If you do not have internet access, call NHS 111 Wales. For a medical emergency dial 999.

If you develop symptoms again at any point after ending your first period of isolation (self or household) then you must follow the same guidance on self-isolation again.