

Covid-19 related pupil absence – A quick reference guide for parents

	What to do if...	Action Needed	Return to school when...
1	<p>My child has Covid-19 symptoms AT HOME:</p> <ul style="list-style-type: none"> • HIGH TEMPERATURE – this above 37.8 or you feel hot to touch on your chest or back. • A NEW CONTINUOUS COUGH – this mean coughing a lot for more than an hour, or 3 or more coughing episodes in 24hrs. • A LOSS OR CHANGE TO YOUR SENSE OF SMELL OR TASTE – this means you've noticed you cannot smell or taste anything. <p>Please note, as we approach winter, then of course young people will develop 'normal' colds, sore throats etc.</p> <p>The Rise staff cannot advise you on whether to treat it as COVID-19 or not, and suggest you seek advice from your GP or 111. See below for a diagram that might also help.</p>	<p>DO NOT COME TO THE RISE.</p> <p>Inform The Rise.</p> <p>Self-isolate the whole household for 14 days.</p> <p>Get a test.</p> <p>INFORM THE RISE IMMEDIATELY ABOUT TEST RESULT.</p>	<p>...The test comes back negative.</p> <p>OR</p> <p>See below – Follow Scenario 3.</p>
2	<p>My child has Covid-19 symptoms AT SCHOOL.</p> <ul style="list-style-type: none"> • Staff will monitor your child for a period of time to check that the above symptoms are being displayed. • Once this is confirmed, your child will wait for you in the 1:1 room – they will be reassured, supervised and supported throughout. 	<p>COLLECT YOUR CHILD ASAP.</p> <p>Get a test.</p>	<p>...The test comes back negative.</p> <p>OR</p> <p>See below – Follow Scenario 3.</p>

3	My child tests positive for Covid-19	<p>DO NOT COME TO THE RISE.</p> <p>Inform The Rise.</p> <p>Agree an earliest date for possible return. Minimum of 10 days from the first day of symptoms.</p> <p>Self-isolate the whole household for 14 days.</p> <p>The Rise will follow PHE guidance regarding the potential self-isolation of other pupils/staff.</p> <p>Remote learning will be provided for any affected pupils.</p>	<p>...They feel better and no longer have a temperature after a minimum of 10 days even if they still have a cough or loss of taste/smell. These symptoms can last for several weeks.</p>
4	My child tests negative.	<p>Contact The Rise.</p> <p>Discuss when your child can come back to school (same day/next day).</p>	<p>...The test comes back negative, and the child or young person is well enough to attend.</p>
5	My child is ill with symptoms not linked to Covid-19.	<p>Follow the normal absence procedure by alerting The Rise on 0208 099 0640.</p> <p>Please be clear about what symptoms/illness they have.</p>	<p>When they feel better.</p> <p>If it is sickness/diarrhoea then it is 48 hours after the last bout of sickness/diarrhoea.</p>

6	Someone in my household has Covid-19 symptoms.	<p>DO NOT COME TO THE RISE.</p> <p>Inform The Rise.</p> <p>Self-isolate the whole household for 14 days.</p> <p>Symptomatic person must get tested. Other household members may do so also.</p> <p>INFORM THE RISE IMMEDIATELY ABOUT TEST RESULT</p> <p>We will provide remote learning for your child.</p>	...The test comes back negative for the person who was originally symptomatic.
7	Someone in my household tests positive for Covid-19.	<p>DO NOT COME TO THE RISE.</p> <p>Inform The Rise.</p> <p>Agree on earliest date for possible return. Minimum of 14 days.</p> <p>Remote learning will be provided.</p>	<p>...The child or young person has completed 14 days of isolation without developing any symptoms.</p> <p>OR</p> <p>If child or young person develops symptoms/positive test result, follow scenario 1 or 2.</p>
8	NHS test & trace has identified my child has been in close contact of someone with symptoms of confirmed Covid-19.	<p>DO NOT COME TO THE RISE.</p> <p>Inform The Rise.</p> <p>Agree on earliest date for possible return. Minimum of 14 days.</p> <p>Remote learning will be provided.</p>	...The child has completed 14 days of isolation.

9	We/my child has travelled and must self-isolate as a period of quarantine.	<p>Do not take unauthorised leave in term time.</p> <p>Consider quarantine requirements and FCO advice when booking travel.</p> <p>If returning from a destination where quarantine is needed, agree with school on the earliest date for possible return. Minimum of 14 days</p> <p>Self-isolate the whole household.</p> <p>Remote learning will be provided.</p>	...The quarantine period of 14 days has been completed.
10	We have received medical advice that my child must resume shielding.	<p>DO NOT COME TO THE RISE.</p> <p>Inform The Rise.</p> <p>Shield until you are informed that restrictions are lifted, and shielding is paused again.</p> <p>Remote learning will be provided.</p>	...you agree a return date with the school on the basis that restrictions have been lifted.
11	My child's bubble (or whole site) is closed due to a Covid-19 outbreak.	<p>DO NOT COME TO THE RISE.</p> <p>Support your child or young person with remote learning.</p> <p>Your child or young person will need to isolate for 14 days.</p>	...The Rise will inform you when the bubble/site will be reopened.

How to decide: Cold, Flu, COVID-19?

This diagram is sourced from the WHO and CDC and published in this BBC article: [Covid symptoms: Is it a cold, flu or coronavirus?](#)

Symptoms	Coronavirus	Flu	Cold
 Fever	Common	Common	Rare
 Cough	Common	Common	Mild
 Loss of taste and smell	Sudden	Rare	Sometimes
 Fatigue	Sometimes	Common	Sometimes
 Headaches	Sometimes	Common	Rare
 Aches and pains	Sometimes	Common	Common
 Runny/stuffy nose	Rare	Sometimes	Common
 Sore throat	Sometimes	Sometimes	Common
 Sneezing	No	No	Common
 Shortness of breath	Sometimes	No	No
 Diarrhoea	Sometimes for children	Sometimes, especially for children	No

Source: WHO, CDC

BBC

This diagram (originally made by @helpkidsuk and then formatted by North West Collaboration of Clinical Commissioning Groups) may also help your decision making:

