

# COVID-19

## Important information for parents and carers



- If your child has symptoms they must stay at home and not go to school.
- If someone in your household has symptoms, your child must stay at home and not go to school.
- If your child has symptoms they must get tested immediately.

### What is a symptom of Covid-19?



High temperature



New, continuous cough



Loss of/change in taste or smell



### How to get a test



Call 119 or visit [www.nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

You will be able to access a test at a local testing site or ask for one to be delivered to your home.

Please contact your school if you are unable to get a test.

### Test results



If your child has symptoms and a positive result, they must stay at home for 10 days and the rest of your household must self-isolate for 14 days.



If your child has had symptoms but a negative result, and no-one in house has tested positive, they can return to school.



If your child has a negative result but someone in the house has tested positive, your child must self-isolate for 14 days.

Please talk to your child's school to agree a return to school date.

# What does self-isolate mean?

If you or your child are asked to self-isolate after contact with a positive test, this means staying at home and not leaving your home for 14 days.



Do not go to work, school or public places.



Do not go on public transport or use taxis.



Have food and medication delivered to you – order it online or by phone, or ask someone to bring it to your home.



Do not have visitors in your home, including friends and family – except for people providing essential care.



Do not go out to exercise – exercise at home or in your garden, if you have one.

## Help while self-isolating

If your household is self-isolating and you need help, you can contact the below:

Please call your child's school who can refer you to the foodbank, or call 0330 058 3464 (Mon–Fri 9.30am–4pm)

Find out if you are eligible for a grant so that you can self-isolate  
[www.lewisham.gov.uk/financial-support-with-self-isolation](http://www.lewisham.gov.uk/financial-support-with-self-isolation)