

# Alma Primary Quick Covid-19 guide

What to do if...	You need to...	They can...
<p>1. Your child has any Covid-19 symptoms:</p> <ul style="list-style-type: none"> <li>• HIGH TEMPERATURE e.g. feels hot to touch on chest or back</li> <li>• A NEW, CONTINUOUS COUGH e.g. 3 or more coughing episodes in 24 hrs.</li> <li>• A LOSS or CHANGE TO SENSE OF SMELL or TASTE e.g. they cannot smell / taste anything or things smell / taste different to normal</li> </ul>	<p style="text-align: center;"><b>DO NOT BRING YOUR CHILD TO SCHOOL</b></p> <ul style="list-style-type: none"> <li>• Contact school – by phone during school hours and <a href="mailto:health@almaprimary.org">health@almaprimary.org</a> when school is closed</li> <li>• <b>Get a test</b> - <a href="https://www.gov.uk/get-coronavirus-test">https://www.gov.uk/get-coronavirus-test</a></li> <li>• <u>All members of the household must self-isolate for 10 days from the day the symptoms started</u></li> <li>• Do inform us about the test results immediately</li> </ul>	<ul style="list-style-type: none"> <li>• Come back to school if the test result are negative and if the child is feeling well, siblings may also return, providing they have no symptoms</li> <li>• See point 2 if results are positive</li> </ul>
<p>2. Your child tests positive for Covid-19</p>	<p style="text-align: center;"><b>DO NOT BRING YOUR CHILD TO SCHOOL</b></p> <ul style="list-style-type: none"> <li>• Inform us about the test results immediately</li> <li>• Discuss a return date no less than 10 days from the day the symptoms started</li> <li>• The household continues the self-isolation period they started on day one of the first person's symptoms for 10 days. If a sibling then develops symptoms and tests positive, they must remain at home for a further 10 days (regardless of what day they are on in their original 10 day isolation period) and come back after this point if they feel better. If the sibling/s don't develop symptoms after 10 days, they can return to school</li> </ul>	<ul style="list-style-type: none"> <li>• Come back after 10 days from the day the symptoms started, if they feel better, even if some of the symptoms are lingering i.e. a cough.</li> <li>• Siblings can return after 10 days from the day the symptoms started.</li> </ul> <p style="color: red;">Arrangements for returning to school must be discussed 48 hours before expected return date.</p>
<p>3. Someone else in the house has Covid-19 symptoms</p>	<p style="text-align: center;"><b>DO NOT BRING YOUR CHILD TO SCHOOL</b></p> <ul style="list-style-type: none"> <li>• Contact school – by phone during school hours and <a href="mailto:health@almaprimary.org">health@almaprimary.org</a> when school is closed</li> <li>• Any symptomatic household member to <b>get a test</b> - <a href="https://www.gov.uk/get-coronavirus-test">https://www.gov.uk/get-coronavirus-test</a></li> <li>• All members of the household must self-isolate for 10 days from the day the symptoms started <i>pending</i> a test result</li> <li>• Anyone who develops symptoms to <b>get a test</b></li> </ul>	<ul style="list-style-type: none"> <li>• Come back if household member has a negative test result</li> </ul> <p style="color: red;">Arrangements for returning to school must be discussed 48 hours before expected return date.</p> <ul style="list-style-type: none"> <li>• See point 2 if a child tests positive during the self-isolation</li> <li>• See point 4 if anyone else in the household tests positive during the self-isolation</li> </ul>

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<p>4. Someone else in the household tests positive for Covid-19</p>	<p style="text-align: center;"><b>DO NOT BRING YOUR CHILD TO SCHOOL</b></p> <ul style="list-style-type: none"> <li>• Inform us about the test results immediately</li> <li>• The household should already be self-isolating from day one of the first person getting symptoms. Continue with the isolation period (the household has to self-isolate for 10 days from the first day that the first person in the household displays symptoms). The person who tests positive has to continue isolating for a further 10 days, regardless of what day they are on in their original 10 day isolation period</li> <li>• Anyone who develops symptoms to <b>get a test</b> <a href="https://www.gov.uk/get-coronavirus-test">https://www.gov.uk/get-coronavirus-test</a></li> </ul>	<ul style="list-style-type: none"> <li>• Come back following 10 days from the day the symptoms started in the other member of the household if child has not developed symptoms.</li> </ul> <p style="color: red;">Arrangements for returning to school must be discussed 48 hours before expected return date.</p> <ul style="list-style-type: none"> <li>• See point 2 if a child has a positive test result during the self-isolation</li> </ul>
<p>5. You are notified by NHS Test &amp; Trace that your child has been in close contact with someone who has tested positive for Covid19</p>	<p style="text-align: center;"><b>DO NOT BRING YOUR CHILD TO SCHOOL</b></p> <ul style="list-style-type: none"> <li>• Contact school – by phone during school hours and <a href="mailto:health@almaprimary.org">health@almaprimary.org</a> when school is closed</li> <li>• Anyone notified by NHS Test &amp; Trace must self-isolate for 10 days from the day of their last contact with the individual who has tested positive</li> <li>• Anyone who develops symptoms to <b>get a test</b> <a href="https://www.gov.uk/get-coronavirus-test">https://www.gov.uk/get-coronavirus-test</a></li> </ul>	<ul style="list-style-type: none"> <li>• Come back to school if they have no symptoms for 10 days starting the day of their last contact with the positive individual.</li> </ul> <p style="color: red;">Arrangements for returning to school must be discussed 48 hours before expected return date.</p> <ul style="list-style-type: none"> <li>• See point 2 if a child tests positive test during the self-isolation</li> <li>• See point 4 if anyone else in the household tests positive during the self-isolation</li> </ul>
<p>6. Your child is ill with diarrhoea and/or vomiting (D&amp;V) not linked to Covid-19</p>	<p style="text-align: center;"><b>DO NOT BRING YOUR CHILD TO SCHOOL</b></p> <ul style="list-style-type: none"> <li>• Keep your child home until they have had <b>48 hrs with no D&amp;V</b></li> <li>• Contact school in advance of return</li> </ul>	<ul style="list-style-type: none"> <li>• Confirm to school in advance, by email, that child has been 48 hours free of D&amp;V and agree return to school</li> </ul>

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7. Your child is ill with any other non-Covid-19 illness	<ul style="list-style-type: none"> <li>Follow the normal school absence procedures</li> </ul>	<ul style="list-style-type: none"> <li>Come back to school when they are feeling better</li> </ul>
8. Your child has been abroad and needs to self-isolate	<p style="text-align: center;"><b>DO NOT BRING YOUR CHILD TO SCHOOL</b></p> <ul style="list-style-type: none"> <li>Do not knowingly travel to a country requiring quarantine upon return</li> <li>Contact school – by phone during school hours and <a href="mailto:health@almaprimary.org">health@almaprimary.org</a> when school is closed</li> <li>Anyone in the household who has been abroad with the child must also self-isolate for 10 days</li> </ul>	<ul style="list-style-type: none"> <li>Come back to school after 10 days provided the child or no one in the household has had any Covid-19 symptoms.</li> </ul> <p style="color: red;">Arrangements for returning to school must be discussed 48 hours before expected return date.</p>
9. You have received medical advice that your child must resume shielding	<p style="text-align: center;"><b>DO NOT BRING YOUR CHILD TO SCHOOL</b></p> <ul style="list-style-type: none"> <li>Contact school – by phone during school hours and <a href="mailto:health@almaprimary.org">health@almaprimary.org</a> when school is closed</li> <li>Discuss plan for shielding child</li> </ul>	<ul style="list-style-type: none"> <li>Come back to school when restrictions have been lifted</li> </ul>
10. Your child is in a bubble that is closed	<p style="text-align: center;"><b>DO NOT BRING YOUR CHILD TO SCHOOL</b></p> <ul style="list-style-type: none"> <li>Bubble will be closed for 10 days</li> <li>Child must self-isolate for 10 days</li> <li>Support child with the remote learning organised by school</li> </ul>	<ul style="list-style-type: none"> <li>Come back when school notifies that the bubble is reopening</li> </ul>