How to book a test

Call **119** or go on **nhs.uk/119**
Call **111** if your child is under five-years-old.

You should book a Covid-19 test if you child has:

A high temperature
This means they feel hot to touch on their chest or back (you do not need to measure their temperature).

Or

A new continuous cough
This means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if they usually have a cough, it may be worse than usual).

Or

A loss or change to their sense of smell or taste
This means they've noticed they cannot smell or taste anything, or things smell or taste different to normal.

If your child does not have symptoms of Covid-19 but has other cold-like symptoms, such as a runny nose, they do not need to be tested and they or members of your household do not need to self-isolate. Your child can attend school if fit to do so.

Protect yourself and others on the school run

✓ Wash your hands – before you leave/ get home or touch your mask

✓ Avoid public transport or using your car, if you can – walk, cycle or scoot

✓ Adults and children over 11-years-old must wear a face covering on public transport

✓ Keep your distance from others – two metres where possible, or one metre with a face covering

✓ Follow your school's advice about drop off and pick up

✓ Do not gather in large groups outside of the school gate

✓ Head home as soon as you have collected your child from school

Here's what to do if:

Your child has COVID-19 symptoms

What to do?
- Do not send your child to school
- Book a COVID-19 test
- Household self-isolates
- Inform school immediately about test result

When can my child return?
Your child can return to school if the test is negative providing they are well enough, have not had a high temperature for 48 hours and if they haven't been advised to self-isolate by NHS Test and Trace.

Your child tests positive for COVID-19

What to do?
- Do not send your child to school
- Inform school immediately about test result
- Self-isolate for at least 10 days as advised by NHS Test and Trace

When can my child return?
Your child can return to school after 10 days if their temperature is normal even if they still have a cough/loss of smell or taste. These symptoms can last for several weeks.

Somebody in my household has COVID-19 symptoms

What to do?
- Do not send your child to school
- The household member should book a COVID-19 test
- Household self-isolates
- Inform school immediately about test results

When can my child return?
Your child can return to school if the symptomatic household member's test is negative and if they haven't been advised to self-isolate by NHS Test and Trace.

Somebody in my household tests positive for COVID-19

What to do?
- Do not send your child to school
- Inform school immediately about test results

When can my child return?
Your child can return to school when they have completed 14 days of self-isolation without any symptoms*.

Contact tracing has identified my child as a close contact

What to do?
- Do not send you child to school
- Self-isolate for at least 14 days as advised by NHS Test and Trace

When can my child return?
Your child can return to school when they have completed 14 days of self-isolation without any symptoms*.

Your child has been in contact with some who has been identified as a close contact?

What to do?
- Attend school as normal
- If your child does not have any COVID-19 symptoms they should carry on with normal activities

Your child has travelled abroad and has to self-isolate

What to do?
- Do not send your child to school
- Self-isolate for 14 days in line with quarantine advice

When can my child return?
Your child can return to school when they have completed 14 days of self-isolation without any symptoms*.

*If your child has been identified as a close contact of a case of COVID-19, or has returned from travel abroad and is self-isolating, they must self-isolate for 14 days regardless of a negative COVID-19 test result.

Further information, including Frequently Asked Questions about schools can be found on www.towerhamlets.gov.uk/coronavirus