

# How to book a test

Call **119** or go on [nhs.uk/119](https://www.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 your 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 someone 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](http://www.towerhamlets.gov.uk/coronavirus)