

What to do when you or your child is ill

Please keep this in a safe place and refer to it when you or your child is unwell.

CHILD IS ILL		
Usual childhood illness		
Illness	Symptoms/Outcome	What to do
Sickness and diarrhoea	Being sick Going to the toilet a lot Tummy aches and pains	Stay off school for 48 hours since the last time of being sick or having diarrhoea. Ring for further advice if your child's symptoms change.
Cold	Runny nose Sore throat Body aches Phlegmy cough Headache	If it is mild, your child can come to school. If your child is unwell, stay at home until they start to feel better. Ring for further advice if your child's symptoms change.
Coronavirus		
Covid related illness	A high temperature (hot to touch on chest or back) New continuous cough Loss or change to taste Loss or change to smell	If your child has 1 or more symptoms, they MUST stay off school and get a test. Do not come to school. If you can't get a test in the first 5 days your household and support bubble must isolate for 14 days.
TEST Results	Negative but your child still has symptoms	Stay at home until your child's symptoms have gone. Contact school to discuss a date to return to school.
TEST Results	Negative and NO symptoms	Parent share results with school (email or text) then phone to AGREE a return to school date. Do not arrive at school until you have called us.
TEST Results	Positive	CALL school immediately. Stay at home for 10 days. Rest of the household MUST isolate for 14 days. Do not arrive at school until you have called us and agreed a return date.
Other Situations		
Someone in your household has symptoms of coronavirus	A high temperature (hot to touch on chest or back) New continuous cough Loss or change to taste Loss or change to smell	Child must stay at home until the family member gets test results EVERYONE with symptoms , including your support bubble MUST get tested. If you cannot get a test in the first 5 days your household and support bubble must isolate for 14 days. When you get the test results, share with school and call us to agree date.
Support bubble* has tested positive	Test results are positive	CALL school immediately. Child must stay at home and self-isolate for 14 days. Call school on day 13 of isolation to discuss a return date.
If you have been contacted by track and trace	Call school to discuss your circumstances.	Do not arrive at school until you have called us and agreed a return to date.



If a sibling at another school has been sent home to isolate due to a positive case in their school.	Only the sibling needs to stay at home	Your child that attends Pinfold, can continue to attend as long as no-one in the household has symptoms.
If you have been on holiday	Call school upon your return to discuss the holiday.	Do not arrive at school until you have called us and agreed a return to date.

*A support bubble is where someone who lives alone can meet people from one other household.

If your test results are inconclusive, you must stay at home until you can get retested.