



Lady Margaret School

Coronavirus Information for Parents and Carers

For most people, coronavirus (COVID-19) will be a mild illness. However, if your daughter develops coronavirus symptoms:

- **she must stay at home and self-isolate for at least 10 days**
- **she must have a test to see if she has COVID-19**
- **all members of her household must self-isolate for 14 days**

The most important symptoms of coronavirus (COVID-19) are the recent onset of any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

If your daughter develops symptoms compatible with coronavirus (COVID-19), **she must self-isolate for 10 days** from when her symptoms started. She should avoid contact with other household members where possible. In addition, all other members of her household **must self-isolate for 14 days**.

Your daughter must also stay at home if someone in her household is showing symptoms of coronavirus.

For further information regarding self-isolation, please refer to the government guidance for households with possible or confirmed coronavirus (COVID-19) infection

If your daughter shows symptoms of Covid-19 during school then parents/carers will be notified by phone/text and she will be sent home immediately.

Typical symptoms of a cold, such as a runny nose, are not considered to be symptoms of Covid, therefore if your daughter has these symptoms, the general advice is that it is okay for her to go to school as long as she feels well enough. However, if your child does feel unwell with a cold or has a fever, the NHS advises that you should keep them off school until they feel better. Refer to the NHS guidance if you are unsure.

Absence reporting

If your daughter is sick or needs to self-isolate as another member of her household has coronavirus symptoms, you must follow the usual protocol for student absence reporting.

Booking a test

DO NOT go to a GP surgery, pharmacy or hospital to book a test.

Please refer to the NHS website for details on how to book a test for your daughter. If you do not have access to the internet contact **NHS 119** by telephone.

Use **NHS 111 online** if you or your child feels ill and you want to know what to do next. If you have any other questions or concerns, please get in touch with the school.

NB If you or anyone else in your household is an essential worker you can access priority testing for your daughter through GOV.UK.

Your daughter and all members of her household must stay at home while she is waiting for her test result.

You must inform the school of the coronavirus test result as soon as possible.

If the test is negative:

If your daughter feels well and no longer has symptoms similar to coronavirus (COVID-19), she can return to school and members of her household can stop self-isolating. If she is still feeling unwell, she may still have another virus, such as a cold or flu - in which case it is still best to avoid contact with other people until she is better.

If the test is positive:

Your daughter must remain at home. After 10 days of her symptoms starting, if she feels better and no longer has symptoms - other than a cough or loss of sense of smell/taste - she can return to school.

NHS Test and Trace

It is vital that everyone engages with NHS Test and Trace as this will help us return to a more normal way of life and reduce the risk of needing further lockdowns in the future.

Following a positive test result, individuals will receive a request by text, email or phone to log into the NHS Test and Trace service website and provide information about recent close contacts. Children under 18 will be contacted by phone wherever possible. They will then be asked for their parent or guardian's permission to continue the call.

The information provided will be handled in strict confidence and will enable the NHS Test and Trace service to contact those people and provide them with advice on whether they should go into self-isolation. The people contacted will not be told your identity, but by alerting them when you first develop symptoms, you can help make sure that they are prepared for being contacted by the Test and Trace service.

If anyone in your household is told by NHS Test and Trace that they have been in contact with a person who has coronavirus (COVID-19) they must stay at home (self-isolate).

If your daughter is returning from travel abroad it is important to check whether she needs to self-isolate.

NHS Covid app (for students aged 16 and over)

The [NHS COVID-19 app](#) is now available to download for anyone aged 16 and over if they choose to do so. The app complements the Test and Trace process, but does not replace it and is not required for Test and Trace to work. The app will advise the user to self-isolate if they have been in close contact with a confirmed case. It will also enable users to check symptoms, book a free test if needed and receive test results.

If a Sixth Form student receives a notification from the NHS COVID-19 app during the school day while checking their phone between lessons, to say that they have been in contact with a positive case of coronavirus, they must inform a member of staff.