



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 (not come to school) and self-isolate immediately**
- **she must have a PCR test to see if she has COVID-19**
- **all members of her household and support bubble must self-isolate**

Your daughter must also stay at home for the following reasons:

- if someone in her household is showing symptoms of coronavirus
- if someone in her household has tested positive
- if someone in her support bubble has symptoms or tested positive and she has been in close contact with them since their symptoms started or during the 48 hours before they started
- if she is told to self-isolate by NHS Test and Trace or the NHS COVID-19 app
- If she is told to self-isolate by the school
- If she receives a positive Rapid Lateral Flow Device (LFD) test result
- if she arrives in the UK from a country with a high coronavirus risk – refer to [GOV.UK](https://www.gov.uk) for full guidance.

Coronavirus Symptoms

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)**

There are several other symptoms linked with COVID-19, however these other symptoms may have another cause. If you are concerned about your daughter's symptoms, seek medical advice.

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

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 she must inform her class teacher or go to Reception immediately. Parents/carers will then be notified by phone/text and she will be sent home immediately.

Absence reporting

If your daughter has coronavirus symptoms or needs to self-isolate for another reason, eg a member of her household has coronavirus symptoms, you must follow the usual protocol for student absence reporting (email the school on admin@ladymargaret.lbhf.sch.uk or call reception on 020 7736 7138).

Tests for COVID-19

There are 2 main types of test currently being used to detect if someone has COVID-19:

- Polymerase Chain Reaction (PCR) tests (mainly used for symptomatic testing)
- Rapid Lateral Flow Device antigen (LFD) tests (mainly used for asymptomatic testing, eg in care homes, NHS and schools)

LFD tests are being used for the mass testing which is now taking place mainly at home.

If your daughter receives a positive LFD test result either from a test taken at home or at an assisted testing site (eg school), or she displays covid symptoms, she must immediately book a PCR test.

If the confirmatory PCR test is negative, **provided it was taken within 2 days of the positive LFD test**, it overrides the LFD test result and your daughter can return to school and close contacts can stop self-isolating.

Booking a PCR test

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

- Please refer to the GOV.UK 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.
- COVID-19 local testing information is available on the [Hammersmith & Fulham website](#).
- 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.

IMPORTANT: Your daughter and all members of her household must stay at home while she is waiting for her PCR test result. You must then inform the school of the PCR test result as soon as possible.

If the PCR test is positive:

Email the school on admin@ladymargaret.lbhf.sch.uk or call reception on 020 7736 7138 and provide the following information:

- Date symptoms began
- Date PCR test was taken
- Date of PCR test results
- Names of students your daughter sat with during break and lunch on the day her symptoms started and the previous two days
- Clubs attended on the day her symptoms started and the previous two days

Your daughter must remain at home and complete a 10-day isolation period from when her symptoms started, or, if she does not have symptoms, from the day her PCR test was taken.

Other household members must continue to self-isolate (as instructed by NHS Test and Trace) for 10 days starting from the day she developed symptoms, or, if she does not have symptoms, from the day her test was taken.

Household members (or anyone who has been in contact with someone who has received a positive PCR test result) can also request a PCR test, however, if the test delivers a negative result, they should remain in isolation for the remainder of the 10-day isolation period - this is because they could still develop COVID-19 within the remaining days.

After 10 days of your daughter's 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.

If the PCR 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.

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 PCR 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).

NHS Covid app (for students aged 16 and over)

The [NHS COVID-19 app](#) is 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.

Contact Tracing at School

When the school receives notification that a student or member of staff has tested positive for Covid-19 we follow the guidance for schools published by Public Health England.

This means that we ask staff to identify all possible 'close contacts' of the affected person. The definitions of a close contact are set out in current government guidance, for example someone who has been within 2 metres of the affected person for longer than 15 minutes during the two days prior to the affected person first experiencing symptoms.

Once we have identified this group we speak to them to explain the situation, contact parents and carers via email and send the students home. Staff are expected to set work for all self-isolating students on Show My Homework. The school also notifies the Local Education Authority to confirm both the positive case and the action we have taken.

Students who have been identified as 'close contacts' must follow the government guidance for households with possible or confirmed coronavirus (COVID-19) infection. Siblings may continue to attend school as it is not necessary for other household members to self-isolate unless your daughter subsequently develops symptoms.