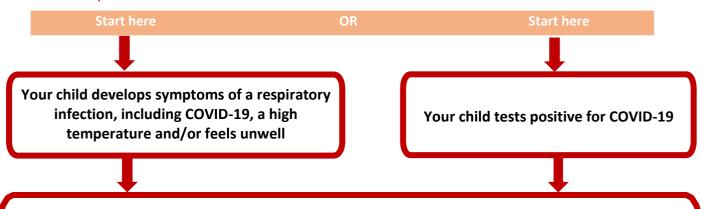


## **COVID-19/respiratory infection guide for parents/carers**

As COVID-19 becomes a virus that we learn to live with, we need to minimise the disruption to children and young people's education - particularly given that the direct risks to children are very low and every adult has been offered the vaccine.

This document provides information for parents and carers of children under the age of 18 years and 6 months who have –

- Developed symptoms of COVID-19/a respiratory infection a list of respiratory symptoms to be aware of in children under 18 can be found at <a href="https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/coronavirus-in-children/">www.nhs.uk/conditions/coronavirus-covid-19/symptoms/coronavirus-in-children/</a>
- Tested positive for COVID-19



## Stay at home

Your child should stay at home and avoid contact with other people, where they can for at least 3 days and should only return to a school/nursery when they have been 48 hours fever-free and feeling well.

There are simple things people can do to help prevent the spread:

- try to keep their distance from people they live with
- in shared areas a well-fitting face covering made with multiple layers or a surgical face mask can be worn, especially if they live with people whose who are at higher risk of serious illness
- ventilate rooms they have been in by opening windows for at least 10 mins after they have left
- wash hands regularly and cover mouth and nose when coughing or sneezing
- regularly clean frequently touched surfaces such as door handles, remote controls & shared areas

At home, any infected people should follow guidance at <a href="www.gov.uk/guidance/people-with-symptoms-of-a-respiratory-infection-including-covid-19#what-to-do-if-you-are-a-close-contact-of-someone-who-has-had-a-positive-test-result-for-covid-19">www.gov.uk/guidance/people-with-symptoms-of-a-respiratory-infection-including-covid-19#what-to-do-if-you-are-a-close-contact-of-someone-who-has-had-a-positive-test-result-for-covid-19</a>

## **Returning to normal**

Your child can go back to school, college or childcare after **3 days AND** when they have been **48 hours fever-free and feeling well.** 

NHS Advice on COVID-19 can be found here - <a href="www.nhs.uk/conditions/coronavirus-">www.nhs.uk/conditions/coronavirus-</a>

