Keep Wales Learning – Test, Trace, Protect information for parents and carers.

GIG CYMRU NHS WALES | Iechyd Cyhoeddus Cymru Public Health Wales

DIOGELU CYMRU KEEP WALES SAFE

Everyone has a role to play to keep our school safe and help stop the spread of COVID-19.

Self Isolation means staying at home

Your child will need to self-isolate if they show any COVID-19 symptoms, receive a positive test result or come into close contact with someone who has tested positive. Latest guidance on self-isolation available: gov.wales/self-isolation-stay-home-guidance-households-possible-coronavirus

Your child must not leave the house, go to school, mix with other children or with adults from outside their household. By ensuring your child self-isolates, even if they don't have symptoms, you are helping to reduce the spread of coronavirus and protecting others.

SITUATION	ACTIONS TO TAKE	WHEN TO RETURN TO SCHOOL
My child has COVID-19 symptoms: HIGH TEMPERATURE - their chest or back feel hot to touch. A NEW CONTINUOUS COUGH - coughing a lot for more than an hour, or 3 or more coughing episodes in 24hrs. A LOSS OR CHANGE TO THEIR SENSE OF SMELL OR TASTE - they cannot smell or taste anything, or their sense of smell or taste is different to normal. *If your child has a runny nose or other cold-like symptoms and none of the symptoms above, a COVID-19 test isn't required and they can go to school when they are well enough to do so.*	**YOUR CHILD MUST STAY AT HOME.** • Inform the school immediately. • The whole household must self-isolate. • Get a test by phoning 119 or going to gov.wales/coronavirus • Inform the school of the test result immediately.	If the test result comes back negative your child can return to school and the household no longer needs to self-isolate. If the test result comes back positive follow the advice below for a positive COVID-19 test.
My child receives a positive COVID-19 test.	**YOUR CHILD MUST STAY AT HOME.** • Inform the school immediately. • Your child must self-isolate for 10 days. Latest guidance on self-isolation available: gov.wales/self-isolation-stay-home-guidance-households-possible-coronavirus • The rest of the household must self-isolate for 10 days from the day of the first symptoms.	After the minimum of 10 days of self-isolation your child can return when they feel well enough, and when they no longer have a high temperature. Symptoms can last for several weeks, so if your child still has a cough or loss of taste or smell after the 10 days of self-isolation, they can return to school. Please note, household contacts need to continue to self-isolate for the remainder of their 10 day self-isolation period. Latest guidance on self-isolation available: gov.wales/self-isolation-stay-home-guidance-households-possible-coronavirus
My child had COVID-19 symptoms, took a test and received a negative result.	• Your child, and the whole household, no longer needs to self-isolate. • Inform the school and agree a date to return to school.	When the child is well enough to do so.
My child is ill with symptoms not linked to COVID-19.	• Follow the school's usual absence policy procedure.	When the child feels well enough to do so.
Someone in my household has COVID-19 symptoms. HIGH TEMPERATURE - their chest or back feel hot to touch. A NEW CONTINUOUS COUGH - coughing a lot for more than an hour, or 3 or more coughing episodes in 24hrs. A LOSS OR CHANGE TO YOUR SENSE OF SMELL OR TASTE - they cannot smell or taste anything.	**YOUR CHILD MUST STAY AT HOME.** • Inform the school immediately. • Your child, and the whole household, must self-isolate for 10 days. Latest guidance on self-isolation available: gov.wales/self-isolation-stay-home-guidance-households-possible-coronavirus • The person showing symptoms must get a test by phoning 119 or going to gov.wales/coronavirus • Inform the school of the test result immediately.	If the household member's test result is negative your child can return to school and the household no longer needs to self-isolate. If the result comes back positive, follow the advice below for 'someone in my household tests positive'.

SITUATION	ACTIONS TO TAKE	WHEN TO RETURN TO SCHOOL
Someone in my household tests positive for COVID-19.	**YOUR CHILD MUST STAY AT HOME.** • The person who has tested positive must self-isolate for 10 days. • Inform the school of the positive test result immediately. • Your child, and the rest of the household, must self-isolate for 10 days. Latest guidance on self-isolation available: gov.wales/self-isolation-stay-home-guidance-households-possible-coronavirus • If your child develops symptoms during the self-isolation period, get a test.	After the child has completed the 10 days of isolation without any COVID-19 symptoms and a return date has been agreed with the school. The symptomatic person must self-isolate for 10 days. Latest guidance on self-isolation available: gov.wales/self-isolation-stay-home-guidance-households-possible-coronavirus
My child has been told to self-isolate by NHS Wales Test, Trace, Protect because they have been identified as a close contact of someone who has tested positive*.	**YOUR CHILD MUST STAY AT HOME.** • Your child must self-isolate for 10 days. • The rest of the household does not need to self-isolate. • If the child develops symptoms during the self-isolation period, get a test. • If the positive case isn't related to the school setting i.e. if a relative or friend outside of school has tested positive, inform the school immediately that your child has been asked to self-isolate. • If your child is not displaying symptoms they do not need a test. • If your child has a test and it comes back negative they must still self isolate for the 10 days this is because symptoms can develop later. • Support your child with remote education provided by school.	After the child has completed the 10 days of isolation without any COVID-19 symptoms and a return date has been agreed with the school. Latest guidance on self-isolation available: gov.wales/self-isolation-stay-home-guidance-households-possible-coronavirus
We/my child has travelled and has to self-isolate as a period of quarantine*.	**YOUR CHILD MUST STAY AT HOME.** • If returning from a destination where quarantine is needed, contact the school to agree an earliest date for possible return after the minimum of 10 days. • If the child develops symptoms during the self-isolation period, get a test.	The quarantine period of 10 days has been completed.

* If your child has been told to self-isolate by NHS Wales Test, Trace, Protect or by their school as a contact of a positive case, or has returned from travel abroad from a non-exempt country they must **only request a test if they have COVID-19 symptoms**. They must continue to self-isolate for 10 days regardless of a negative test result. There is no requirement for proof of a negative test to return to school.

Cadw Cymru'n Ddiogel. Dal ati i Ddysgu. ✓ Keep Wales Safe. Keep Wales Learning.