<p style="text-align:center;">**LOS COVID Related Absences:**</p>

<p style="text-align:center;">**Quick Reference Guide**</p>

<p style="text-align:center;">If you wish to report an absence, then call the School Office on:</p>

<p style="text-align:center;">0207 385 0102</p>

N.B. school staff are not in a position to diagnose COVID-19, or any other medical symptoms; when calling in from home on suspected symptoms, we will be guided by your parental judgment.

Key Advice:

If you have <u>**any**</u> of the main symptoms of coronavirus (COVID-19), get a test as soon as possible. Stay at home until you get the result.

Main symptoms

The main symptoms of coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms.

What to do if you have symptoms

If you have any of the main symptoms of coronavirus:

1. Get a test to check if you have coronavirus as soon as possible.
2. Stay at home and do not have visitors until you get your test result – only leave your home to have a test.

Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.

[Get a test to check if you have coronavirus](#)

Urgent advice: Use the NHS 111 online coronavirus service if:

- you're worried about your symptoms
- you're not sure what to do

[Use the NHS 111 online coronavirus service](#)

Call 111 if you cannot get help online. Do not go to places like a GP surgery, hospital or pharmacy.

To distinguish possible COVID-19 symptoms from other common symptoms please note the quadrant below:

COVID-19	ALLERGIES
Dry cough Fatigue Fever Shortness of breath	• Coughing • Itchy eyes • Runny or stuffy nose • Sneezing
FLU	**COLD**
Dry cough Fever Headache Muscle and joint pain Runny nose Sore throat	• Aches and pains • Cough • Runny or stuffy nose • Sneezing • Sore throat • Watery eyes

If you have a positive lateral flow test result you need to inform the school and get a PCR test. This needs to be booked within **two days** of the positive lateral flow test.

All identified close contacts now require a PCR test. However, anyone who has received a positive PCR test result is advised not to retest for a further 90 days as subsequent results may not be accurate. You can book a PCR test at https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/

Scroll down for the Quick Reference Scenario Guide

Quick Reference Guide

What to do if...	Action needed	Code	Return to school when...
...my child has **any** of the coronavirus symptoms - High temperature - New/continuous cough - Lost/change in taste - Lost/change in smell	• **Do not come to school** • Contact school • Child to self-isolate Whole household to self-isolate • Get a test • Inform school immediately about test result	X Change code to I if still ill after a negative test	...the test comes back negative. Children should return after a negative test as soon as they are well enough to do so. *If your child cannot access a test then they can return after 10 days if they no longer have a temperature.*
...my child tests positive for coronavirus	• **Do not come to school** • Contact school • Self-isolate for at least 10 days • Inform school immediately about test result	I	...they feel better. They can return to school after 10 days even if they have a cough or loss of smell/taste. These symptoms can last for several weeks once the infection is gone.
...somebody in my household has coronavirus symptoms	• **Do not come to school** • Contact school • Self-isolate Whole household to self-isolate • Household member to get a test • Inform school immediately about test	X	...the household member test is negative. *If household member cannot access a test then the child can only return to school after 14 days of self-isolation.*
...somebody in my household has tested positive for coronavirus	• **Do not come to school** • Contact school • Self-isolate for 10 days	X	...the child has completed 10 days of self-isolation
... the school or NHS Test and Trace have identified my child as a 'close contact' of somebody with symptoms or confirmed coronavirus	• **Do not come to school** • Contact school • Self-isolate for 10 days	X	...the child has completed 10 days of self-isolation *(starting from the day they were last in close contact with the infected individual).*
. . . my child went to the medical office complaining of COVID related symptoms	• We will assess the child and if we believe they are displaying any of the COVID symptoms, then we will call parents to collect the child and any siblings in the School • Child to self-isolate • Whole household to self-isolate • Get a test	X Code changes to I if still ill after a negative result	. . . the test comes back negative *Children can return after a negative test as soon as they are well enough to do so.* *If your child cannot access a test they can return after 10 days if they no longer have a temperature.*

	• Inform the School immediately about the test result		
...we/my child travelled and have/has to self-isolate a part of a period of quarantine	• Do not take unauthorized leave in term time. • Consider quarantine requirements and FCO advice when booking travel • Provide information to school **Returning from a destination where quarantine is needed:** **Do not come to school** Contact school Self-isolate for the required number of days as per FCO guidelines	X	...the quarantine period has been completed
...we have received medical advice that my child must resume shielding	• **Do not come to school** • Contact your child's Housemaster	X	...school inform you that restrictions have been lifted and your child can return