

# GETTING TESTED WHEN YOUR CHILD OR SOMEONE IN YOUR HOUSEHOLD HAS SYMPTOMS (SYMPTOMATIC TESTING)



## Symptoms of coronavirus (Covid 19)\*



High temperature - chest or back hot to touch



New, continuous cough



Loss or change to sense of smell or taste

\*If your child has any other symptoms and you are unsure what to do, check [www.what0-18.nhs.uk/national/coronavirus](http://www.what0-18.nhs.uk/national/coronavirus)



## If your child or someone in your household has any one of the symptoms of Covid 19



If your child develops symptoms at school or at home, or someone else in your household develops symptoms



Tell school and arrange a PCR test for your child or the affected person



Whole household begins isolation



Other children in your child's bubble stay at school



## When you get the PCR test results



If PCR test result is POSITIVE



Tell the school straight away



Continue isolation



Public Health will advise if anyone else from school needs to isolate



Your child can return to school after 10 days



If PCR test result is NEGATIVE



Tell the school straight away



Your child should return to school when well

*School staff will work closely with Public Health England to inform you of any confirmed cases of coronavirus at the school and whether anyone else needs to isolate.*



## Testing

Ask for a PCR test at [nhs.uk/coronavirus](http://nhs.uk/coronavirus) or call 119



## How to self-isolate

**Person with symptoms:**  
Stay at home for 10 days from when you first noticed symptoms.

**Householder members:**  
Stay at home for 10 days from the day the first person in house developed symptoms or from the day their test was taken if they have no symptoms.

This information is relevant to early years settings, pre-schools, schools and colleges. For more information, please check the early years setting or school website.

# REGULAR HOME TESTING (FOR FAMILIES) WHEN NOBODY IN YOUR HOUSEHOLD HAS SYMPTOMS (ASYMPTOMATIC TESTING)



## Who should take part?

- Adults in households or bubbles which include children who attend nursery, school or college.
- Secondary age pupils and college students (collect your tests from school/college).
- Anyone who's had one or two doses of the vaccine - you can still catch and spread the virus. The vaccine will not affect the test result.



## Who shouldn't take part?

- Primary aged or younger children
- Anyone in the household experiencing possible symptoms of coronavirus.
- Anyone who has tested positive for coronavirus within the last 90 days.



## How and when to test?



To order a free test kit when you don't have symptoms go to: [maps.test-and-trace.nhs.uk](https://maps.test-and-trace.nhs.uk)

Take the test every 3-5 days

Do not eat or drink in the 30 minutes before taking the test

Before you take the test, blow your nose & throw the tissue in bin

Wash your hands with soap and water or use hand sanitiser

Swab your nose & throat

Wait 30 minutes for your results\*



## When you get the test results

\*Find out more at [www.gov.uk/government/publications/instructions-for-covid-19-self-test](https://www.gov.uk/government/publications/instructions-for-covid-19-self-test)

⊕ If test result is POSITIVE

📞 Tell the school straight away

🏠 Whole household begins isolation

⚙️ Book a PCR test at [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or by calling 119

🏠 Public Health will advise if anyone else from school needs to isolate

👥 Your child can return to school after 10 days, or after a negative PCR test

⊖ If test result is NEGATIVE

🧼 Continue to follow hands, face, space, fresh air and other Public Health prevention measures

⚙️ Test again in 3-5 days

Testing at home is for people without symptoms only. Anyone in the household, including children, experiencing possible symptoms of coronavirus (a high temperature, a new continuous cough, or a loss of sense of taste or smell), should book a PCR test at [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or by calling 119.