

## An Overview for Parents if your Child becomes unwell with COVID 19 Symptoms.

If you, your child or anyone you live with, begins to display **one** of the following symptoms you must all stay at home and follow advice from Public Health Wales:

- A new continuous cough
- A high temperature
- A loss of or change in your normal sense of taste or smell.

### Contact your child's school

**Llanmiloe School on 01994 453217 – please leave a message if no reply.**

**Email either [admin@llanmiloe.vsgolccc.cymru](mailto:admin@llanmiloe.vsgolccc.cymru) or [jayne.phillips@llanmiloe.vsgolccc.cymru](mailto:jayne.phillips@llanmiloe.vsgolccc.cymru)**

Please note the following:

**Name and class of your child**

**Parent's contact details**

**Symptom Details and start date**

If your child becomes unwell during the school day, **displaying one of the COVID symptoms**, your child's headteacher will contact you straight away and then report this to the Test Trace Protect Team at Delta Wellbeing.

For all other illnesses they will contact you in the normal way.

If your child becomes unwell **outside of school hours, with any one of the COVID-19 symptoms** or needs to self-isolate, you need to report this to us **immediately** by calling Delta Wellbeing on 0300 333 2222 or by emailing [TTP@deltawellbeing.org.uk](mailto:TTP@deltawellbeing.org.uk) who will notify the school on your behalf.

Your Headteacher will advise you as parents/guardians, that if your child/parent/household member develops symptoms of COVID-19, the entire household should immediately self-isolate, and **book a test for the individual with the symptoms.**

### Booking a test:

If a COVID-19 test is required, this should be arranged via the UK Booking Portal, <https://gov.wales/apply-coronavirus-test> or by [ringing 119](tel:119).

**Please do not contact Delta Wellbeing to book a test.**

**It is unnecessary to test the entire household. Only people displaying symptoms should book a test.**

**Let your headteacher know the result of the test immediately.**

If the headteacher contacts you to tell you that your child is displaying one of the COVID -19 symptoms you must collect them **immediately** from the school. You must also collect their brothers and sisters from any other school or setting.

If your child has symptoms but you choose not to test your child, you will be told to keep your child at home for a 10-day isolation period as the headteacher has an obligation to protect other pupils and staff at the school. Your child will be given work that they can complete from home.

They can return to school after 10 days if they are well enough to do so and are no longer displaying COVID 19 symptoms.

Household members must remain in self-isolation for 14 days from the start of symptoms

**Until the test results are known, EVERYONE living with the pupil will need to self-isolate.**

**Your child** will need to self-isolate for 10 days from when their symptoms started. They can return to school after 10 days if they are well enough to do so and are no longer displaying COVID 19 symptoms.

**Anyone in the household** who does not have symptoms must self-isolate for 14 days from when the first person in the home started having symptoms.

If the **test is negative**, self-isolation can end for everyone. Children should return to school and parents can return to work **if they are well enough to do so** and as long as nobody else in the household has developed symptoms.

If the **test is positive** you will be contacted by the Test, Trace, Protect Team who will advise you further.

Your child will need to self-isolate for 10 days or for longer if they are still symptomatic. All members of your household will need to self-isolate for 14 days, from when your child first became unwell with COVID 19 symptoms. They will have to isolate for longer if they start to display COVID 19 symptoms themselves.

**If you or your child feels unwell and you need medical advice, please phone NHS 111 or visit their website <https://111.wales.nhs.uk/> or call your local GP.**

To prevent the spread of the virus it is important that we all:

- **maintain social distancing;**
- **catch and bin our coughs and sneezes;**
- **continue to wash our hands frequently;**
- **wear face coverings in public spaces or where we cannot be socially distant.**