

# COVID-19 for parents and carers of children in Croydon education

## Stop the spread of coronavirus

The most important symptoms of coronavirus (COVID-19)



or



or



new and continuous cough

high temperature

loss of, or change in, your normal sense of taste or smell (anosmia)

**Key Actions:**  
**Self isolate,**  
**Test, Inform**  
**school, Share**  
**contacts**



### If your child has symptoms of COVID-19

1. Keep your child at home for at least 7 days.
2. Everyone else in the household and [social support bubble](#) must self isolate for 14 days
3. Request a COVID-19 test immediately. Contact [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) or call 119.
4. Keep your children's school/s informed

### If your child has a positive COVID -19 test result

1. Complete the 7-day self-isolation
2. The rest of the household / social support bubble should isolate for 14 days
2. Inform the school /s
3. Share all your child's contacts as requested by the NHS Test and Trace service

If your child's test is negative, and no-one else in the household / social support bubble has symptoms, your child no longer needs to self-isolate.

### If you have children in different schools / settings

- Tell each of the schools / child care settings that your children are self isolating with symptoms /have tested positive test, for 7 (the case) or 14 days.

If [NHS Test and Trace](#) tells you that your child is 'a contact' of somebody who tested positive

- Keep your child at home for 14 days from the day they last saw the person who tested positive.

## Stop the spread of coronavirus



Wash your hands more often and for 20 seconds



Clean surfaces frequently



### REMEMBER!

- Keep 2 metres away from other people when you are out of the house,
- Walk or cycle to school if you can