

Illness related absence- reference guide for parents and staff.

At the moment it can be hard to know what to do if your child is unwell. It is important to trust your instincts and get medical help if you need it.

Illness	Symptoms	Action Needed	Return to school	Remote Learning
COMMON COLD I think my child may have a cold	<ul style="list-style-type: none"> • A blocked nose • A sore throat • Headaches • Muscle aches • Coughs • Sneezing • A raised temperature • Pressure in your ears and face • Loss of taste and smell https://www.nhs.uk/conditions/common-cold/	<p>If you are unsure always seek medical advice from your doctor</p> <p>If your child has a cold but does not have a temperature or a continuous cough and they are feeling well enough they can come to school.</p> <p>Advise the school of their absence daily before 9am E: enquiries@stgilberts.co.uk T:01780 762400</p>	Your child should return to school when you feel they are well enough	Work will not be set to complete at home as your child is ill.
FLU I think my child may have flu	<p>Flu symptoms can come on very quickly and can include:</p> <ul style="list-style-type: none"> • A sudden fever- a temperature of 38C or above • An aching body • Feeling tired or exhausted • A dry cough • A sore throat • A headache • Difficulty sleeping • Loss of appetite • Diarrhoea or tummy pain • Feeling sick and being sick • Children can also get ear pain and be less active https://www.nhs.uk/conditions/flu/	<p>If you are unsure always seek medical advice from your doctor</p> <p>Advise the school of their absence daily before 9am E: enquiries@stgilberts.co.uk T:01780 762400</p>	Your child should return to school when you feel they are well enough	Work will not be set to complete at home as your child is ill.
ALLERGY I think my child may have an allergy	<ul style="list-style-type: none"> • Sneezing • Coughing • Itchy eyes • Runny or stuffy nose https://www.nhs.uk/conditions/allergies/	<p>If you are unsure always seek medical advice from your doctor</p> <p>Advise the school of their absence daily before 9am E: enquiries@stgilberts.co.uk T:01780 762400</p>	Your child should return to school when you feel they are well enough	Work will not be set to complete at home as your child is ill.

Source: NHS <https://www.nhs.uk/> and Government <https://www.gov.uk/>

Date: 16th September 2020- Please visit the above websites for up to date information

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SICKNESS AND/OR DIARRHOEA My child has been sick or has diarrhoea	<ul style="list-style-type: none"> • Diarrhoea. • Nausea and vomiting. • Headache, muscle aches, or joint aches. • Fever or chills. • Sweating or clammy skin. • Abdominal cramps and pain. • Loss of appetite https://www.nhs.uk/conditions/diarrhoea-and-vomiting/	DO NOT COME TO SCHOOL Advise the school of their absence daily before 9am E: enquiries@stgilberts.co.uk T:01780 762400	Your child should be symptom free for 48 hours – <i>we have temporarily changed this to minimise illness in school</i>	Work will not be set to complete at home as your child is ill.
CORONAVIRUS I think my child may have COVID-19	Symptoms of coronavirus in children The main symptoms of coronavirus are: <ul style="list-style-type: none"> • A high temperature • A new, continuous cough- this means coughing a lot, for more than an hour, or 3 or more coughing episodes in 24 hours • A loss or change to sense of smell or taste- this means they cannot smell or taste anything, or things smell or taste different to normal. https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/coronavirus-in-children/	DO NOT COME TO SCHOOL. <ol style="list-style-type: none"> 1. Get a COVID Test as soon as possible 2. Stay at home and do not have visitors until you get the test result- only leave your home to have a test. Get advice from NHS 111 if you're worried about your child or not sure what to do. For children aged 5 or over – use the NHS 111 online coronavirus service. https://111.nhs.uk/covid-19/ Anyone you live with, and anyone in your support bubble, must also stay at home until you get the result. https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/what-your-test-result-means/ Advise the school immediately and agree an earliest date for possible return to school (minimum 10 days) E: enquiries@stgilberts.co.uk T:01780 762400 Keep in regular contact with the school. Inform the school of the test results immediately.	If the test is positive, then your child must self-isolate for 10 days. Return to school when 10 days have passed since symptoms began, even if they still have a cough or loss of taste/smell. <i>(These symptoms can last for several weeks)</i> AND the child feels well The household must self-isolate for 14 days. If the test is negative your child should return to school and the household can stop self-isolating	Whilst waiting for the test results, as long as your child is well enough, work will be set for them. If they test positive and they are unwell, then remote learning will cease so your child can concentrate on getting well.

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<p>CORONAVIRUS- A HOUSEHOLD/SUPPORT BUBBLE MEMBER</p> <p>A household / support bubble member has COVID-19 symptoms</p>	<ul style="list-style-type: none"> • 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. <p>https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance</p>	<p>DO NOT COME TO SCHOOL.</p> <p>The person with symptoms should get a COVID Test. The whole family must self-isolate until the results are received.</p> <p>Advise the school immediately E: enquiries@stgilberts.co.uk T:01780 762400 Keep in regular contact with the school. Inform the school of the test results immediately.</p>	<p>If the test is negative, your child can return to school.</p> <p>If the test is positive Stay at home for 14 days after your last contact with the person who has tested positive for COVID-19</p>	<p>Whilst you are waiting for the results, work will be set for your child to complete remotely.</p> <p>Should the test be negative, remote learning will cease as your child will return to school.</p> <p>If it is positive, then remote learning will be set for your child to complete during their self-isolation as long as they remain well.</p>
<p>My child/household/support bubble member has had a negative Covid-19 test result</p>		<p>Advise the school immediately E: enquiries@stgilberts.co.uk T:01780 762400</p>	<p>Child can return to school immediately</p>	<p>N/A</p>
<p>My child's sibling attending another school has been sent home to self-isolate due to there being a positive case in their school</p>	<p>Sibling must self-isolate for 14 days</p> <p>You child can continue to attend our school</p>	<p>Advise the school immediately E: enquiries@stgilberts.co.uk T:01780 762400</p>	<p>Child can return to school immediately</p>	<p>N/A</p>

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NHS, test and Trace has identified my child as a close contact of someone with a positive case of Coronavirus		<p>FOLLOW THE ADVICE OF PUBLIC HEALTH ENGLAND</p> <p>DO NOT COME TO SCHOOL IF ADVISED TO SELF ISOLATE</p> <p>Advise the school immediately E: enquiries@stgilberts.co.uk T:01780 762400 Keep in regular contact with the school. Inform the school of the test results immediately.</p>	Your child will return to school after 14 days isolation.	Remote learning will be set for your child to complete during their self-isolation

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