

# THE SAINT JOHN HENRY NEWMAN CATHOLIC SCHOOL



## COVID-19 RELATED PUPIL ABSENCE

A quick reference guide  
for parents, carers and staff



## DEFINITIONS OF COVID-19 SYMPTOMS

Please read these definitions through carefully.

If you are unsure, please call the school office to discuss BEFORE sending your child into school 01438 314643 or email [attendance@jhn.herts.sch.uk](mailto:attendance@jhn.herts.sch.uk)

### A NEW CONTINUOUS COUGH

#### A NEW CONTINUOUS COUGH MEANS:

- you are coughing a lot for more than 1 hour



OR

- you have been coughing a lot 3 or more times in 24 hours
- if you normally have a cough, it may be worse than usual.



The coronavirus cough is a dry cough. This means it does not produce any phlegm or mucus (so you do not cough anything up like you would with a chesty cough).

If you have a chest condition you may already cough. If you have symptoms of coronavirus, you may have a cough that is different from your normal cough, or your normal cough may feel worse than usual.

#### WHAT TO DO:

- rest
- drink lots of fluids



### A HIGH TEMPERATURE OR FEVER

A high temperature or fever is a normal way for your body to fight infection.

This is because the increase in body temperature makes it harder for viruses and bacteria to survive.



You do not need to take your temperature to know you have a fever.

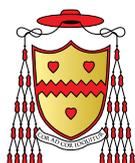
If you do have a thermometer however, a fever is when your temperature is 37.8C or higher.

+37.8C



A THIRD COMMON SYMPTOM OF CORONAVIRUS IS A LOSS OF, OR CHANGE IN, SENSE OF SMELL OR TASTE (ANOSMIA).





## SCENARIOS

What to do if...	Action Needed	Return to school when...
... my child has any Covid-19 symptoms	<ul style="list-style-type: none"> <li>– Do not come to school</li> <li>– Contact school to inform us</li> <li>– Self-isolate the whole household. See the image at the end of this document for advice about how long other members of the household should self-isolate</li> <li>– Get your child tested (PCR test)</li> <li>– Communicate with the school about the test result</li> </ul>	<p>... the test comes back negative <b>or</b></p> <p>... 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></p> <p><b>AND</b> the child feels well.</p> <p>If the child is still unwell, please seek medical advice.</p>
... my child tests positive for Covid-19 (PCR test).	<ul style="list-style-type: none"> <li>– Do not come to school.</li> <li>– Contact school to inform us.</li> <li>– Agree an earliest date for possible return (minimum of 10 days).</li> <li>– Self-isolate the whole household for 10 days. See the image at the end of this document on advice about how long members of the household should self-isolate</li> </ul>	<p>... 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></p> <p><b>OR</b></p> <p>... 10 days have passed since the date of the test <i>(if the test was taken without showing symptoms).</i></p> <p><b>AND</b> the child feels well.</p> <p>If the child is still unwell, please seek medical advice.</p>
... my child tests negative (PCR test).	<ul style="list-style-type: none"> <li>– Contact school to inform us.</li> <li>– Discuss when your child can come back (same day/next day).</li> </ul>	<p>... the PCR test comes back negative.</p>
... someone in my household has Covid-19 symptoms.	<ul style="list-style-type: none"> <li>– Do not send anyone from your household to school!</li> <li>– Contact school to inform us.</li> <li>– Self-isolate the whole household.</li> <li>– Household member with symptoms to get a PCR test.</li> <li>– Communicate with the school about the test result</li> </ul>	<p>... the test comes back negative</p> <p><b>OR</b></p> <p>... after a minimum of 10 days self-isolation if the test result is positive. Please see the image at the end of this document for advice about how long members of the household should self-isolate</p>
... someone in my household tests positive for Covid-19 (PCR test or Lateral Flow test from a Testing Site)	<ul style="list-style-type: none"> <li>– Do not send anyone from your household to school.</li> <li>– Contact school to inform us.</li> <li>– Agree an earliest date for possible return.</li> <li>– Self-isolate the whole household for a minimum of 10 days.</li> </ul>	<p>... 10 days of isolation have finished and the child does not show Covid-19 symptoms</p> <p>See the image at the end of this document for further advice about how long members of the household should self-isolate</p>
... my child tests positive with an In-School Lateral Flow Test (without showing Covid-19 symptoms)	<ul style="list-style-type: none"> <li>– Do not send anyone from your household to school and start isolating your household immediately.</li> <li>– Agree an earliest date for possible return.</li> </ul>	<p>... after 10 days of self-isolation as agreed with school</p>
... my child or someone in my household test positive with a Lateral	<ul style="list-style-type: none"> <li>– Do not send anyone from your household to school and start isolating your household immediately.</li> <li>– Contact school to inform us.</li> </ul>	<p>... the PCR test comes back negative</p> <p><b>OR</b></p>



<p><b>Flow Home Test Kit (without showing symptoms)</b></p>	<ul style="list-style-type: none"> <li>– <b>Book a PCR test to confirm the positive test result (for Home Test Kits only)</b></li> </ul>	<p>... after 10 days of self-isolation as agreed with school</p>
<p><b>... NHS test and trace has identified my child as a close contact of somebody with confirmed Covid-19.</b></p>	<ul style="list-style-type: none"> <li>– <b>Do not send the child who has had direct contact to school.</b></li> <li>– <b>Contact school to inform us.</b></li> <li>– <b>Agree an earliest date for possible return (minimum of 10 days).</b></li> <li>– <b>Any other children in your household, who have not had direct contact, can come to school.</b></li> </ul>	<p>... the child who has had direct contact has completed 10 days of isolation and does not show any Covid-19 symptoms.</p>
<p><b>... NHS test and trace has identified a household member (other than my child) as a close contact of somebody with symptoms or confirmed Covid-19.</b></p>	<ul style="list-style-type: none"> <li>– <b>The household member must self-isolate for 10 days.</b></li> <li>– Child can continue to attend school.</li> </ul>	<p>... child can continue to attend school.</p>
<p><b>... a sibling attending another school has been sent home to self-isolate due to there being a positive case in their school.</b></p>	<ul style="list-style-type: none"> <li>– <b>Sibling at other school must self-isolate for 10 days.</b></li> <li>– Child at The Saint John Henry Newman School can continue to attend.</li> </ul>	<p>... child at The Saint John Henry Newman School can continue to attend school</p>
<p><b>... my child has travelled abroad from a country or territory that is NOT on the travel ban red list.</b></p>	<p><b>If returning from a destination where quarantine is needed*:</b></p> <ul style="list-style-type: none"> <li>– minimum of 10 days quarantine for all those who travelled.</li> <li>– 2 negative Covid-19 tests taken on Day 2 and Day 8 upon arrival in England</li> <li>– <a href="#">Test to Release scheme</a></li> <li>– contact school to inform us you are back in the country and we will agree an earliest date for possible return to school.</li> </ul> <p><b>*<a href="#">Foreign, Commonwealth &amp; Development Office (FCDO)</a> – for up to date travel information</b></p>	<p>... the quarantine period of 10 days has been completed and 2 pre-booked Covid-19 tests showed negative results.</p> <p><b>OR</b></p> <p>... 5 full days of quarantine have been completed and a Covid-19 test booked through the Test to Release scheme shows a negative test result.</p>
<p><b>... my child has travelled abroad from a country or territory that IS on the travel ban red list.</b></p>	<p><b>If returning from a destination where quarantine is needed*:</b></p> <ul style="list-style-type: none"> <li>– minimum of 10 days quarantine in a government approved hotel for all those who travelled.</li> <li>– 2 negative Covid-19 tests taken on Day 2 and Day 8 upon arrival in England</li> <li>– You <b>cannot</b> use the Travel to Release scheme</li> <li>– contact school to inform us you are back in the country and we will agree an earliest date for possible return to school.</li> </ul>	<p>... the quarantine period of 10 days has been completed and 2 pre-booked Covid-19 tests showed negative results.</p>



	<p><u>*Foreign, Commonwealth &amp; Development Office (FCDO)</u> – for up to date travel information</p>	
<p><b>... I have travelled from a country that requires us to quarantine (but my child didn't travel).</b></p>	<ul style="list-style-type: none"> <li>– As long as you do not have / have not had symptoms in the last 10 days, your child can continue to attend school.</li> <li>– The person who has travelled <b>MUST NOT</b> leave the house, including to do pick-ups and drop offs (<i>please contact school if you need support getting your child to school</i>).</li> </ul>	<p>Child can continue to attend school</p>
<p><b>... we have received medical advice that my child must shield.</b></p>	<ul style="list-style-type: none"> <li>– <b>Do not come to school.</b></li> <li>– <b>Contact school to inform us.</b></li> <li>– Shield until you are informed that restrictions are lifted and shielding is paused again.</li> </ul>	<p>... school informed you that restrictions have been lifted and your child can return to school again. ... you receive medical advice that your child may return to school.</p>
<p><b>... my child's year group bubble is closed due to a Covid-19 outbreak in school.</b></p>	<ul style="list-style-type: none"> <li>– <b>Child must not come to school.</b></li> <li>– Support your child at home with remote education provided.</li> <li>– Your child will need to self-isolate for 10 days.</li> <li>– <b>Other siblings, in other year groups, may continue to attend school.</b></li> </ul>	<p>... school inform you that the year group bubble will be reopened <b>AND</b> ... your child does not show Covid-19 symptoms or tested positive for Covid-19 during the 10 days of self-isolation (please refer to image at the end of this document for further advice)</p>
<p><b>... I am unable to get a test for someone in the household who has symptoms</b></p>	<p><b>If you are not able to get a test, your child and anyone they live with must stay at home and self-isolate for 10 days.</b></p> <p><b>Anyone in your support bubble must also stay at home.</b></p>	<p>... the child has completed 10 days of isolation.</p>



### STAY AT HOME AND SELF-ISOLATE

Please see detailed guidance online.

Mike's household: In this example, Mike lives with Georgio, Maria and Seyi. Mike is the first case of COVID-19 in this household. He and everyone in the household begin self-isolating from the day Mike's symptoms start (or if he had no symptoms, from the date of his positive test).

