



September 2020

Help and guidance around deciding whether your child should attend the hub if ill

If your child is unwell during these uncertain times please do not dose them with any paracetamol or ibuprofen medication before they attend the hub. This may mask a temperature due to the way the drug blocks chemical messengers in an area of the brain that controls and regulates body temperature. This could ultimately put other people at risk.

If your child or anyone within the household has any of the 3 key Covid-19 symptoms your family must self isolate and arrange for anyone with symptoms to have a test.

Main symptoms

The main symptoms of coronavirus are:

- a high temperature – this means you feel hot to touch on your chest or back – see further guidance on temperature below
- 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

Most people with coronavirus have at least 1 of these symptoms.

What to do if you have symptoms

If you have any of the main symptoms of coronavirus:

- Get a test to check if you have coronavirus as soon as possible.
- Stay at home and do not have visitors until you get your test result – only leave your home to have a test.
- Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.

Further guidance can be accessed here:

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

If your child becomes unwell with any of the 3 key Covid-19 symptoms at the hub, your child will be taken to an isolation room and you will need to arrive within the hour to take your child home. If any other members of the household are either sent home from school or their place of work you are required to inform KHNES immediately and will need to come and collect your child and follow self isolation guidance.

Questions and Queries

- If anyone you live with has symptoms then you all must stay at home until they have a test result that is negative
- If someone you have been in contact with has a positive test, and you are contacted by test and trace you must follow their advice, but the advice is that you should only isolate when you have been told to, if you have symptoms, or you live with someone with symptoms.
- If you have been unable to take a test in 5 days, or have received an inconclusive test result and cannot get another done within 5 days of symptoms beginning: you must self-isolate for at least 10 days from when your symptoms started. Anyone you live with, and anyone in your support bubble, must self-isolate for 14 days.

The following table outlines common symptoms of illness and suggested guidance to follow:

| SYMPTOM | ADVICE |
|---|---|
| <p>Does your child have a temperature?</p> <p>37.8°C or above or feels hot to touch on their chest and back if you do not have a thermometer.</p> | <p>Keep your child at home and arrange for your child to be tested for Covid-19.</p> <p>Your whole family will need to self isolate until a Covid-19 test result is received.</p> <p>If the test is negative the family can stop self isolating. Your child can return to the hub once they have had a normal temperature for 48 hours and they are well again.</p> <p>If the test result is positive your family will have to continue to self isolate for the 14 days and your child will need to isolate for 10 days. Your child can return to the hub once they are well and the 10 days have passed. They may have a continuing cough that persists beyond 10 days, children may return to the hub with this residual cough if they are well enough to do so.</p> <p>If you prefer not to get your child tested or are unable to obtain a test, you need to keep your child at home for 10 days and your child can return once they are well after the 10 day isolation. Although other members of the household will still need to isolate for the full 14 days and this may impact transport arrangements.</p> |
| <p>Does your child have a new or persistent cough?</p> | <p>Keep your child at home and arrange for your child to be tested for Covid-19.</p> <p>Your whole family will need to self isolate until a Covid-19 test result is received.</p> <p>If the test is negative the family can stop self isolating. Your child can return to the hub once they are well again.</p> <p>If the test result is positive your family will have to continue to self isolate for 14 days and your child will need to isolate for 10 days. Your child can return to the hub once they are well and the 10 days have passed. They may have a continuing cough that persists beyond 10 days, children may return to the hub with this residual cough if they are well enough to do so.</p> <p>The NHS describes a new, persistent cough as <i>“coughing a lot for more than once an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)”</i></p> <p>If you prefer not to get your child tested or are unable to obtain a test, you need to keep your child at home for 10 days and your child can return once they are well after this 10 day isolation. Although other members of the household will still need to isolate for the full 14 days and this may impact transport arrangements.</p> |

| SYMPTOM | ADVICE |
|---|--|
| Runny nose | <p>Your child should attend the hub providing there are no other Covid symptoms present. If your child feels too unwell to attend then they should remain at home.</p> <p>If any Covid symptoms are present then you must get a test.</p> <p>Your child may return to the hub once they feel well again. Some children have a persistent runny nose through the colder months. We are expecting still to see them at the hub school as long as there are no accompanying Covid symptoms and your child feels well enough to attend.</p> <p>Generally if the mucus is thick and green/yellow it could suggest an infection of some sort and medical advice should be sought.</p> |
| Sore Throat | <p>Your child should attend the hub providing there are no other Covid symptoms present. If your child feels too unwell to attend then they should remain at home.</p> <p>If any Covid symptoms are present then you must get a test.</p> <p>Your child may return to the hub once they feel well again. Sore throats are a common symptom of colds which are prevalent throughout the Autumn and Winter seasons. We are expecting still to see them at the hub school as long as there are no accompanying Covid symptoms and your child feels well enough to attend.</p> |
| Diarrhoea and/or sickness | <p>Keep your child at home until 48 hours have passed since the last episode of sickness or diarrhoea.</p> <p>Your child should only return after this time has passed and when they feel well enough to do so.</p> <p>If the tummy upset is accompanied by a temperature then you must have a Covid test and your family should self isolate until the test results are confirmed - see for 'temperature' section.</p> |
| Suspected ear infection/urine infection/tonsillitis | <p>Keep your child at home.</p> <p>As all these illnesses are generally accompanied by a temperature, we will expect you to arrange a covid test for your child or to self-isolate for 10 days. Until your child tests negative your family will need to self isolate.</p> <p>Your child will need to be seen by a GP to confirm a diagnosis and to prescribe antibiotics if necessary. Once 48 hours has passed since their temperature has returned to normal and they are well enough to do so, your child can return to the hub.</p> <p>If they return to the hub but are still feeling unwell we will ask you to come and collect them.</p> |

| SYMPTOM | ADVICE |
|---|--|
| Rash anywhere on face or body | <p>Keep your child at home and see a GP to have the rash diagnosed.</p> <p>(NOTE If this rash does not fade/disappear under the pressure of a clear drinking glass you must seek urgent medical advice by calling 999)</p> <p>If your child is feeling well and 48 hours have passed since the rash appeared and the GP has not been able to diagnose a specific illness your child may return to the hub.</p> <p>If your GP diagnoses a specific illness please follow the exclusion times for that illness.</p> <p>Please note that if your child has an infectious rash they will need to stay at home until the infectious period has passed.</p> |
| Generally under the weather / lethargic | <p>Your child should attend the hub providing there are no other Covid symptoms present. If your child feels too unwell to attend then they should remain at home.</p> <p>Please be prepared to have to come and collect them if we feel this is required.</p> |

If your child is unwell and unable to attend it is very important that you contact the hub to let us know why.

If you have arranged a Covid test for your child or anyone else in your household please let us know as soon as possible so we can prepare in case it is positive. Once you have results please let us know by phone or email.