



**Steps to take if your child has any symptoms of COVID**  
**(Updated January 2022)**

- Get a **PCR test** (test that is sent to a lab) to check if they have COVID-19 as soon as possible.
- Your child should stay at home and not have visitors (self-isolate) until you get the test result – they can only leave home to have the test.

**IMPORTANT INFORMATION—A lateral flow test is not a substitute for a PCR test. You may be using these if another member of the family has tested positive, but any symptoms means that a PCR test should be booked.**

The main symptoms of COVID-19 in children are:

- 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.

**If your child has any of these symptoms and you have notified us of this in an absence call or they have been sent home with one of these symptoms, we strongly advise that a PCR test is carried out before your child returns to school.**

**Current self-isolation period**

Individuals may now take LFD tests on day 6 and day 7 of their self-isolation period.

- Those who receive two negative test results are no longer required to complete 10 full days of self-isolation.
- The first test must be taken no earlier than day 6 of the self-isolation period and tests must be taken 24 hours apart. This also applies to



**W:** [www.sotterington.dalesmat.org](http://www.sotterington.dalesmat.org) **E:** [admin@sotterington.dalesmat.org](mailto:admin@sotterington.dalesmat.org) **T:** 01609 776273

South Otterington CofE Primary School | South Otterington | Northallerton | North Yorkshire | DL7 9HD

South Otterington CofE Primary School is a member of the Dales Academies Trust. Dales Academies Trust is an exempt charity regulated by the Secretary of State for Education. It is a company limited by guarantee registered in England and Wales, company number 08372064, whose registered office is at Blair Avenue, Ingleby Barwick, Stockton On Tees, TS17 5BL





children under 5, with LFD testing at parental or guardian discretion. If you choose to test your child and both test results are negative and your child does not have a high temperature, they may end self-isolation after the second negative test result and return to school from day 8.

- Anyone who is unable to take LFD tests will need to complete the full 10-day period of self-isolation. Further information is available in the [stay at home: guidance for households with possible or confirmed COVID-19 infection](#).

### **Actions if your child is a close contact of a confirmed case**

#### **Children aged 5-11:**

If a member of your family has tested positive, your child does not need to self-isolate but must take daily lateral flow tests for 7 days. As long as these are negative, your child can attend school. If one is positive, you must follow the procedures for self-isolation and get a PCR test.

#### **Children under the age of 5 years:**

They are not required to self-isolate and should not start daily testing. If they live in the same household as someone with COVID-19, they should arrange to take a PCR test as soon as possible. They can continue to attend an education or childcare setting while waiting for the PCR result.

Miss Amanda E Gledhill B.Ed (Hons) NPQH MCCT  
South Otterington CE Primary School  
South Otterington  
DL7 9HD

'Shine like stars in the universe'  
Philippians 2;15

Our vision provides a guiding light to the pupils, staff, Governors and parents to ensure we have a dynamic mix of high achievement for all, exceptional pastoral care and expansive opportunities for the children. We want our children to become the exemplary citizens of the future. We are a vibrant, happy, family orientated community where everyone really feels they can flourish and achieve anything to which they set their hearts and minds.