Let's work together to keep our settings and families safe

We know it's been a challenging 18 months, but Covid-19 cases remain high in our borough. Let's continue to do everything we can to stop the spread and keep our families and communities safe this term.

If you or your children are feeling unwell, it's helpful to stay home and rest. All settings have useful guidance for parents on what to do when your child is ill, but we've also pulled together some key information below.

1. My child is unwell - is it Covid?

It can be confusing and the best way to know is to get a PCR test. The main symptoms are:

• Feverish
• A new, continuous cough
• A loss or change to sense of smell or taste

Other symptoms might be:

• Headache
• Upset tummy
• Sore throat
• Unusually tired

If in doubt get a test. You can get a PCR test to confirm if it is Covid here: www.gov.uk/get-coronavirus-test

There are local test sites you can choose from, or if easier, you can get a test sent to you by post.

Please note, a Lateral Flow Test should **not** be used to confirm Covid in a child with symptoms.

Be cautious. Be careful. Be kind

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2. My child has been in contact with someone who has tested positive, what do I do?

You are strongly encouraged to get them a PCR test. This will help you know if they are positive and prevent further infections. One in three people that are Covid positive have no symptoms.

3. My child has tested positive – what happens next?

They must stay home for the full self-isolation period of either 10 days from the onset of symptoms or 10 days from the date of their PCR test if they don't have any symptoms. This means they should not go to school or nursery. Please contact your setting directly to arrange remote learning.

NHS Test and Trace will ask about any close contacts of your child, so it's worth building a list of names and contact details for their peer groups in case you need it.

Visit the NHS website for more information: www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do

4. My child has no symptoms, but I am worried

Around 1 in 3 people with Covid-19 have no symptoms and can spread it without knowing – even if they've been vaccinated. Check that you and your family are safe by taking regular rapid Covid-19 tests (all those aged 12 years and above).

You can pick up Lateral Flow Tests for anyone in your household from a local test centre, or by ordering them through Gov.uk:
www.gov.uk/order-coronavirus-rapid-lateral-flow-tests

All secondary school pupils and households should continue with regular testing:

• These tests should be taken twice weekly, 3-5 days apart
• They're easy to do and you get your results in under 30 minutes
• You can pick up home testing kits from one of our local test centres
• Alternatively, you can order them from Gov.uk, or pick up kits from a local pharmacy

By playing your part and testing regularly, you will help us find more Covid-19 cases, break chains of transmission, and help protect our local communities. Visit our website for more information: www.wokingham.gov.uk/community-testing

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