

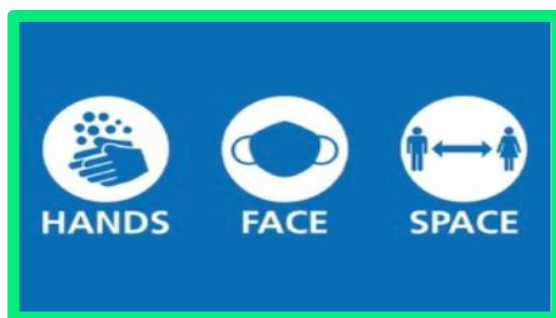
# National restrictions March 8th – March 29th

## For parents, carers and children in Croydon

### Stop the spread of coronavirus

Please help stop COVID-19 cases rising again!

- Keep 2m apart
- Don't socialise indoors
- Only meet or exercise outdoors with household or one other person (keeping 2 m apart).
- Walk or cycle to school, and do not car share
- Do not gather in large groups on way to school or at the school gate
- Wear well-fitting face coverings



#### YOU MUST:

- Self-isolate
- Book a test

#### IF YOU HAVE:

- Symptoms
- A positive test
- Been identified as a contact



#### REMEMBER:

It is a legal duty to self-isolate if:

- You have tested positive for COVID
- You have told to by NHS Test and Trace

You could be fined for not self-isolating starting from £1,000 up to £10,000

#### RAPID ASYMPTOMATIC TESTING:

- Secondary schools pupils should:
  - Take their first 3 tests at their school under supervision
  - Following the first 3 tests, continue home testing twice a week with test kits provided by their school
- Testing will be available soon for household members, childcare and support bubbles of primary and secondary-age pupils and staff.

# What should parents do?

The main COVID-19 symptoms are:

- Fever > 37.8 OR
- New continuous cough OR
- Loss of taste and / or smell

Children can still go to school, nursery, childminder if they have:

- Runny noses
- Sore throats without a fever
- Mild colds

Children need a COVID-19 test:

- if they have the main COVID-19 symptoms
- but not if they have a runny nose, are sneezing, or feeling unwell.

Does your child have any of the symptoms of COVID-19?

NO

Does anyone in your household have symptoms of COVID-19?

NO

Has your child been asked to self-isolate because they are a close contact?

NO

If your child is well, they can attend school.

YES

**Keep your child at home for at least 10 days.**

- Tell the school
- Book a COVID-19 test immediately
- Everyone in your household, including siblings, stays at home.

YES

**Keep your children at home for at least 10 days.**

- Person with COVID-19 symptoms should self-isolate and book a COVID-19 test

YES

**Keep your child at home for at least 10 days.**

- Other siblings can attend school
- Tell the school

After 10 days, if your child is well, they can return to school.



**What is your test result?**

**TEST NEGATIVE**

- If your child is well, they can return to school
- Household members (including siblings) can end self-isolation

If during the 10 days your child develops COVID-19 symptoms Book a COVID-19 test

**TEST NEGATIVE AS A CLOSE CONTACT**

Child must self-isolate for the **full 10 days**

**Your child or somebody in your household TESTS POSITIVE:**

- Tell the school
- The child / person testing positive must complete 10 days self-isolation
- Other household members must complete 10 days self-isolation