How to apply for a coronavirus test for you and your child

The symptoms of coronavirus (COVID-19) are usually mild, but some people can become very unwell. If your child has been sent home from school with symptoms, you must, for the safety of the other children and adults in their group, take them for testing.

Main symptoms coronavirus are:

- **high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **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)
- **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 one of these symptoms.

URGENT ADVICE

- Use the 111 online coronavirus service if you have any of the above symptoms
- **Online coronavirus service - https://111.nhs.uk/covid-19/**
- **Call 111** if you cannot get help online. Do not go to places like a GP surgery, hospital or pharmacy.

BABIES & CHILDREN

- Call 111 if you're worried about a baby or child under 5.
- If your child seems very unwell, is getting worse or you think there's something seriously wrong, call 999.
- Do not delay getting help if you're worried. Trust your instincts.
- **Get more advice about coronavirus in children https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/coronavirus-in-children/**

Staying at home if you have symptoms (self-isolation)

If your symptoms are mild you must not to leave your home. This is called self-isolation.

- Anyone with symptoms must self-isolate for 10 days from when their symptoms started.
- Anyone who does not have symptoms must self-isolate for 14 days from when the first person in your home started having symptoms.

Ask for a test to check if you have coronavirus

If you have symptoms of coronavirus (COVID-19), you can ask for a test to check if you have the virus. This is called an antigen test.

Who can ask for a test

You can ask for a test:

- for yourself, if you have coronavirus symptoms now
- for someone you live with, if they have coronavirus symptoms
- In England and Wales, you can ask for a test for a child who lives with you, whatever their age.
- If you're asking for a test for someone else, and the person is aged 13 or over, check they're happy for you to ask for a test for them

When to ask for a test

You need to get the test done in the first **5 days of having symptoms**.
Important: Do not wait. Ask for the test as soon as you have symptoms.

What the test involves

- The test usually involves taking a swab of the inside of your nose and the back of your throat, using a long cotton bud.
- You can do the swab yourself (if you are aged 12 or over) or someone can do it for you. Children aged 11 or under cannot do the swab themselves. Their parent or guardian will have to swab test them.

How do I ask for a test?

You can ask for a test online.
We'll ask you:

- how you want to get the test – you may be able to choose between driving to a regional testing site or getting a home test kit
- for details such as your name, mobile phone number and address

You might not get a test if you apply - it depends how many tests are available in your area.

TO BOOK A TEST, CLICK OR GO TO THIS LINK
Ask for a coronavirus test - https://www.nhs.uk/ask-for-a-coronavirus-test

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The nearest drive-thru testing centre in Enfield is The Lee Valley Athletics Centre, 61 Meridian Way, Edmonton, London N9 0AR. If you need to be tested urgently you could travel to this centre and check if you can be tested without an appointment, but this is not guaranteed depending on how busy they are. You should ideally apply for a test within the first 5 days of having symptoms and once you have an appointment you should visit your allocated testing site.

For further information go to
https://www.nhs.uk/conditions/coronavirus-covid-19/

Coronavirus related absences quick reference guide – 06/08/2020

What to do if…	*Action needed*	*Return to school when…*
…my child has coronavirus symptoms	• **Do not come to school** • **Contact school daily** • Self-isolate • Get a test • Inform school immediately about test result	…the test comes back negative
…my child tests positive for coronavirus	• **Do not come to school** • **Contact school daily** • Self-isolate for at least 10 days • Inform school immediately about test result	…they feel better. They can return to school after 10 days even if they have a cough or loss of smell/taste. These symptoms can last for several weeks once the infection is gone.
…somebody in my household has coronavirus symptoms	• **Do not come to school** • **Contact school daily** • Self-isolate for 14 days •	…the child has completed 14 days of self-isolation
…NHS test and trace have identified my child as a 'close contact' of somebody with symptoms or confirmed coronavirus	• **Do not come to school** • **Contact school daily** • Self-isolate for 14 days •	…the child has completed 14 days of self-isolation
…we/my child has travelled and has to self-isolate a part of a period of quarantine	• **Do not take unauthorised leave in term time** • **Consider quarantine requirements and Foreign & Commonwealth Office advice when booking travel** • **Provide information to school as per attendance policy** **Returning from a destination where quarantine is needed:** • **Do not come to school** • **Contact school daily** • Self-isolate for 14 days	…the quarantine period of 14 days has been completed
…we have received medical advice that my child must resume shielding	• **Do not come to school** • **Contact school as required** • Shield until you are information that restrictions are lifted and shielding is paused again	…school informs you that restrictions have been lifted and your child can return to school again