

## **My child is unwell, should I send her/him to school or nursery?**

We recognise that it can be difficult deciding when to keep your child off school, nursery or playgroup when they're unwell.

Generally, you will instinctively know whether they are well enough to get the most out of the day, or if they are just too poorly to benefit and need to be at home.

If they are being sick or are in pain, you will probably want to seek advice from your GP. If you do decide to keep your child at home, it's important to phone the school or nursery on the first day. Let them know of the absence and give them the reason.

Once main symptoms pass, children generally recover quickly, and you may want to return them to school or nursery.

There are guidelines that say when children **should** be kept off, for example if you child has symptoms that include vomiting or diarrhoea, then you **must** wait for 2 days (48 hours) after the symptoms have gone before thinking about sending them back.

As we approach winter, we want our school communities to be healthy communities. Consequently, while no child will be excluded for having a runny or blocked nose or a sore throat, we are asking everyone to take extra care. If your child isn't well enough to get the most out of the day, please keep them at home.

Please remember your child will be sent home immediately if they are showing symptoms of coronavirus.

## **Coronavirus/COVID-19**

If your child is displaying any of the following symptoms, they **must not** attend school or nursery:

- a high temperature or fever
- a new **continuous** cough
- a loss of, or change in sense of smell or taste

A new, continuous cough means coughing for longer than an hour, or three or more coughing episodes in 24 hours. If your child usually has a cough, it may be worse than usual.

If your child has any of these symptoms (however mild), they will need to stay at home for 10 days. Everyone else in the household will need to stay at home for 14 days from the start of the symptoms even if they don't have symptoms themselves. You can follow the NHS guidelines and arrange for them to be tested: <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>.

If you seek a test, your child should remain at home until they get the result of the test, and then follow the advice given based on the result. The household can end the period of self-isolation early if your child receives a negative test result.