

COVID-19

Important information for parents and carers



- If your child has symptoms they must stay at home and not go to nursery
- If someone in your household has symptoms, your child must stay at home and not go to nursery.
- If your child has symptoms they must get tested immediately.

What is a symptom of Covid-19?



High
temperature



New, continuous
cough



Loss of/change in
taste or smell

How to get a test



Call 119 or visit www.nhs.uk/coronavirus

You will be able to access a test at a local testing site or ask for one to be delivered to your home.

Please contact your nursery if you are unable to get a test.

Test results



If your child has symptoms and a positive result, they must stay at home for 10 days and the rest of your household must self-isolate for 14 days.



If your child has had symptoms but a negative result, and no-one in house has tested positive, they can return to nursery.



If your child has a negative result but someone in the house has tested positive, your child must self-isolate for 14 days.

Please talk to your child's nursery to agree a return date.

What does self-isolate mean?

If you or your child are asked to self-isolate, this means staying at home and not leaving your home for 10 days (unless a test confirms you do not have COVID-19).



Do not go to work, nursery or public places.



Do not go on public transport or use taxis.



Have food and medication delivered to you – order it online or by phone, or ask someone to bring it to your home.



Do not have visitors in your home, including friends and family – except for people providing essential care.



Do not go out to exercise – exercise at home or in your garden, if you have one.

Help while self-isolating

If your household is self-isolating and you need help, you can contact the below:

Please call your child's nursery who can refer you to the foodbank, or call 0330 058 3464 (Mon–Fri 9.30am–4pm)

Find out if you are eligible for a grant so that you can self-isolate
www.lewisham.gov.uk/financial-support-with-self-isolation