

# COVID-19 RELATED YOUNG PERSON ABSENCE

A quick reference guide for parents, carers and staff  
Updated: 15<sup>th</sup> September 2020

## DEFINITIONS OF COVID-19 SYMPTOMS

Please read these definitions through carefully.

If you are unsure, please call the Unitas Youth Zone Office to discuss **BEFORE** sending your child into the Youth Zone 020 80755888 or email [enquiries@unitasyouthzone.org](mailto:enquiries@unitasyouthzone.org)

### A NEW CONTINUOUS COUGH

#### A NEW CONTINUOUS COUGH MEANS:

- you are coughing a lot for more than 1 hour



OR

- you have been coughing a lot 3 or more times in 24 hours



- if you normally have a cough, it may be worse than usual.



The coronavirus cough is a dry cough. This means it does not produce any phlegm or mucus (so you do not cough anything up like you would with a chesty cough).

If you have a chest condition you may already cough. If you have symptoms of coronavirus, you may have a cough that is different from your normal cough, or your normal cough may feel worse than usual.

#### WHAT TO DO:

- rest
- drink lots of fluids



### A HIGH TEMPERATURE OR FEVER

A high temperature or fever is a normal way for your body to fight infection.

This is because the increase in body temperature makes it harder for viruses and bacteria to survive.



You do not need to take your temperature to know you have a fever.

If you do have a thermometer however, a fever is when your temperature is 37.8C or higher.



**A THIRD COMMON SYMPTOM OF CORONAVIRUS IS A LOSS OF, OR CHANGE IN, SENSE OF SMELL OR TASTE (ANOSMIA).**



## SCENARIOS

We are updating this list of scenarios as new government guidance is issued and we come across different individual circumstances.

What to do if...	Action Needed	Return to the youth zone when...
...my child has a cough associated with a cold	<ul style="list-style-type: none"> <li>• If the cough is 'wet' (ie, productive, phlegmy) seek medical advice from your GP to confirm they are OK to attend.</li> <li>• If the cough is 'dry' and continuous (see definition on page 1), seek medical advice from 111 or GP.</li> <li>• Contact the youth zone to inform us</li> </ul>	<p>...your GP says your child is OK to return or</p> <p>...if the GP advises to get a test, after the test comes back negative</p>
...my child had a temperature at the weekend but is fine now	Seek medical advice from 111 or GP	<p>...your GP says your child is OK to return or</p> <p>...if the GP advises to get a test, after the test comes back negative</p>
...my child has any Covid-19 symptoms	<ul style="list-style-type: none"> <li>• Do not come to the youth zone</li> <li>• Contact school to inform us</li> <li>• Self-isolate the whole household. See the image at the end of this document for advice about how long other members of the household should self-isolate</li> <li>• Get your child tested. If 111 refuse to issue a test, consult your GP about if your child's symptoms prevent them from coming to the youth zone.</li> <li>• Communicate with the youth zone about the test result or chat with GP.</li> </ul>	<p>...your GP says it is OK for them to return or</p> <p>...the test comes back negative or</p> <p>...10 days have passed since symptoms began, even if they still have a cough or loss of taste/smell. <i>(These symptoms can last for several weeks.)</i> AND the child feels well.</p>
...my child tests positive for Covid-19.	<ul style="list-style-type: none"> <li>• Do not come to the youth zone.</li> <li>• Contact the youth zone to inform us. - Agree an earliest date for possible return (minimum of 10 days).</li> <li>• Self-isolate the whole household. See the image at</li> </ul>	<p>...10 days have passed since symptoms began, even if they still have a cough or loss of taste/smell. <i>(These symptoms can last for several weeks.)</i> AND the child feels well.</p>

	the end of this document for advice about how long members of the household should self-isolate	
...my child tests negative.	<ul style="list-style-type: none"> <li>• Contact the youth zone to inform us.</li> <li>• Discuss when your child can come back (same day/next day).</li> </ul>	...the test comes back negative.

What to do if...	Action Needed	Return to the youth zone when...
...my child is ill with symptoms not linked to Covid-19.	<ul style="list-style-type: none"> <li>• Follow standard youth zone policy on absence reporting.</li> <li>• Do not come to the youth zone.</li> <li>• Contact youth zone to inform us.</li> <li>• Ring on each day of illness.</li> </ul>	<p>...if a child is sick or has diarrhoea, they should not come to the youth zone for a period of 24 hours after the last bout of illness.</p> <p>Parents should use this time to monitor them carefully. If they think they have been sick for reasons such as over-eating, over-exertion etc. then they should bring them back to the youth zone the next day.</p> <p>If parents have reason to suspect they have been sick or had diarrhoea due to a virus or bug, they should keep the child off for 48 hours from the last episode of sickness or diarrhoea.</p>
...someone in my household has Covid19 symptoms.	<ul style="list-style-type: none"> <li>• Do not send anyone from your household to the youth zone.</li> <li>• Contact the youth zone to inform us.</li> <li>• Self-isolate the whole household. - Household member with symptoms to get a test.</li> <li>• Communicate with the youth zone about the test result</li> </ul>	<p>...the test comes back negative</p> <p>OR</p> <p>...see the image at the end of this document for advice about how long members of the household should self-isolate</p>

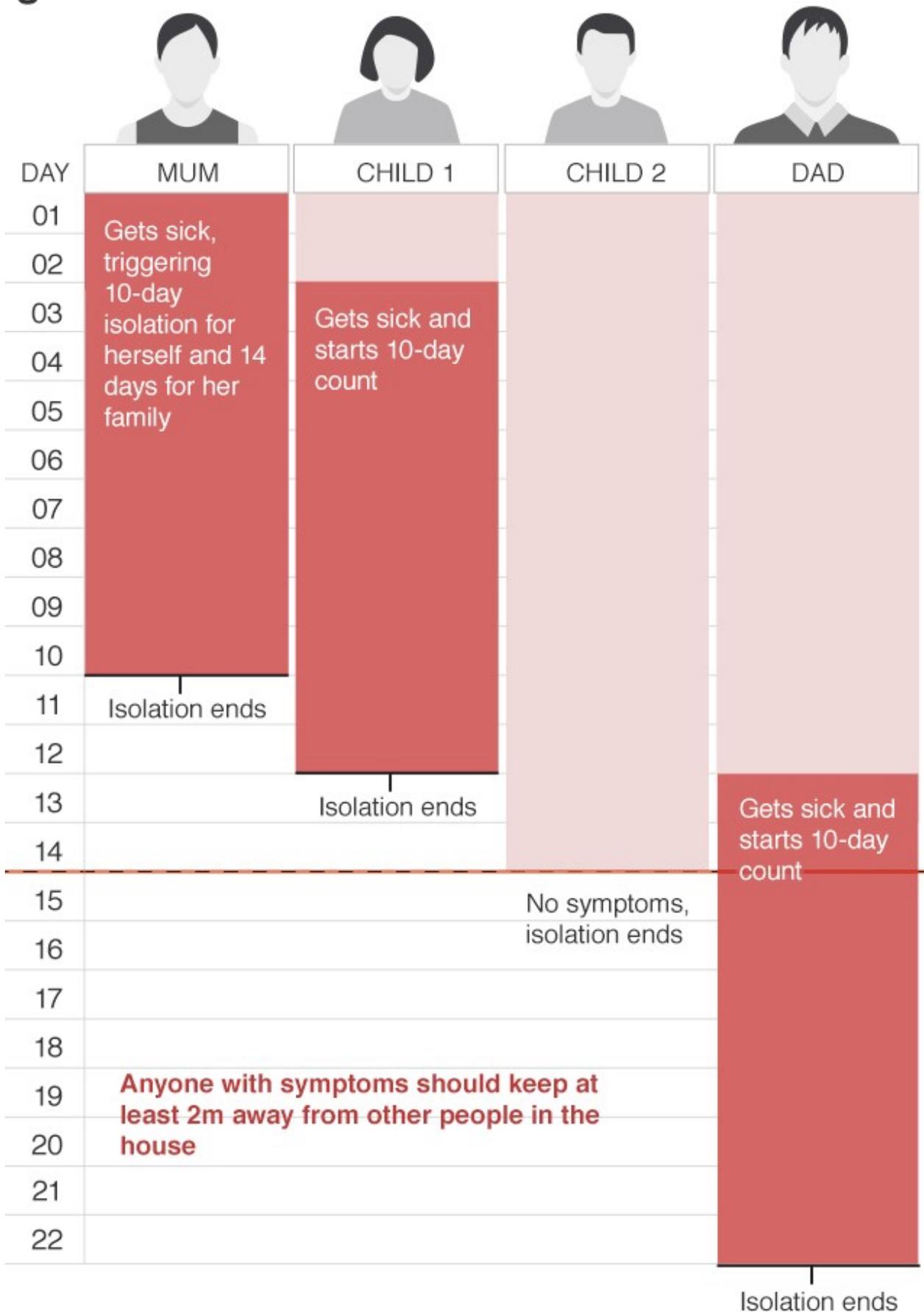
<p>...someone in my household tests positive for Covid-19.</p>	<ul style="list-style-type: none"> <li>• Do not send anyone from your household to the youth zone.</li> <li>• Contact the youth zone to inform us. - Agree an earliest date for possible return.</li> <li>• Self-isolate the whole household.</li> </ul>	<p>...see the image at the end of this document for advice about how long members of the household should self-isolate</p>
<p>...NHS test and trace has identified my child as a close contact of somebody with confirmed Covid-19.</p>	<ul style="list-style-type: none"> <li>• Do not send the child who has had direct contact to the youth zone.</li> <li>• Contact the youth zone to inform us. –</li> <li>• Agree an earliest date for possible return (minimum of 14 days).</li> <li>• Any other children in your household, who have not had direct contact must not attend youth zone until the child who has had direct contact has completed 14 days of isolation.</li> </ul>	<p>...the child who has had direct contact has completed 14 days of isolation</p>

What to do if...	Action Needed	Return to the youth zone when...
<p>...NHS test and trace has identified a household member (other than my child) as a close contact of somebody with symptoms or confirmed Covid-19.</p>	<ul style="list-style-type: none"> <li>• The household member must self-isolate for 14 days.</li> <li>• Child who attends youth zone must not return to youth zone until self-isolation of household member is completed and neither show any symptoms of Covid-19.</li> </ul>	<p>...the household member who has had direct contact has completed 14 days of isolation and neither they nor the child show any symptoms of Covid-19.</p>
<p>... a sibling attending another school has been sent home to self-isolate due to there being a positive case in their school.</p>	<ul style="list-style-type: none"> <li>• Sibling at other school must self-isolate for 14 days.</li> <li>• Child who attends youth zone must not return to youth zone until self-isolation of sibling is completed and neither child shows any symptoms of Covid-19.</li> </ul>	<p>...the child who has had direct contact has completed 14 days of isolation and neither they nor the child show any symptoms of Covid-19.</p>

<p>... my child has travelled abroad from a country or territory that is NOT on the exempt list of countries.</p>	<ul style="list-style-type: none"> <li>• If returning from a destination where quarantine is needed*:</li> <li>• minimum of 14 days self-isolation for all those who travelled.</li> <li>• contact youth zone to inform us you are back in the country and we will agree an earliest date for possible return to the youth zone.</li> <li>• Self-isolate the whole household.</li> <li>• <a href="#">*Foreign, Commonwealth &amp; Development Office (FCDO)</a> – for up to date travel information</li> </ul>	<p>...the quarantine period of 14 days has been completed.</p>
<p>... my child has travelled abroad from a country or territory that IS on the exempt list of countries.</p>	<ul style="list-style-type: none"> <li>• If returning from a destination where quarantine is NOT needed:</li> <li>• Check the current <a href="#">Exempt countries and territories list</a> to confirm the country you have travelled from or through is on the exempt list.</li> <li>• Ring the youth zone to inform us you have returned to the UK and agree a return date to the youth zone.</li> </ul>	<p>... you have informed the office of your return to the UK</p>
<p>...I have travelled from a country that requires us to quarantine (but my child didn't travel).</p>	<ul style="list-style-type: none"> <li>• As long as you do not have / have not had symptoms in the last 14 days, your child can continue to attend the youth zone.</li> <li>• The person who has travelled MUST NOT leave the house, including to do pick-ups and drop offs</li> </ul>	<p>...child can continue to attend the youth zone.</p>
<p>...we have received medical advice that my child must shield.</p>	<ul style="list-style-type: none"> <li>• Do not come to the youth zone.</li> <li>• Contact the youth zone to inform us.</li> <li>• Shield until you are informed that restrictions are lifted and shielding is paused again.</li> </ul>	<p>...the youth zone inform you that restrictions have been lifted and your child can return to the youth zone again. ...you receive medical advice that your child may return to the youth zone.</p>

What to do if...	Action Needed	Return to the youth zone when...
<p>...my child's year group bubble is closed due to a Covid-19 outbreak in school.</p>	<ul style="list-style-type: none"> <li>• Child must not come to the youth zone.</li> <li>• Support your child at home with remote education provided.</li> <li>• Your child will need to self-isolate for 14 days.</li> <li>• Other siblings, in other year groups, may continue to attend youth zone.</li> </ul>	<p>...the school inform you that the year group bubble will be reopened.</p>
<p>... I am unable to get a test for someone in the household who has symptoms</p>	<p>If you are not able to get a test, your child and anyone they live with must stay at home and self-isolate for 14 days.</p> <p>Anyone in your support bubble must also stay at home.</p>	<p>...the child has completed 14 days of isolation.</p>

# What happens if someone in your family gets sick?



People may be able to pass on coronavirus without showing any symptoms

Source: Public Health England advice