

COVID-19 related pupil absence
A quick reference guide for parents

What to do if.....	Action Needed	Return to school when.....
My child has COVID-19 symptoms: <ul style="list-style-type: none"> • HIGH TEMPERATURE- this means you feel hot to touch on your chest or back. • A NEW CONTINUOUS COUGH this means coughing a lot more than an hour, or 3 or more coughing episodes in 24hrs. • A LOSS OR CHANGE TO YOUR SENSE OF SMELL OR TASTE this means you've noticed you cannot smell or taste anything. 	<p>DO NOT COME TO SCHOOL Contact school to inform us. Self-isolate the whole household for 14 days. Get a test. INFORM SCHOOL IMMEDIATELY ABOUT TEST RESULT</p>The test comes back negative.
My Child tests positive for COVID-19...	<p>DO NOT COME TO SCHOOL Contact school to inform us. Agree an earliest date for possible return Minimum of 10 days. Self-isolate the whole household for 14 days. Bubble isolate / remote learning.</p>They feel better. They can return after 10 days even if they have a cough or loss of taste/smell. These symptoms can last for several weeks.
My Child tests negative.	<p>CONTACT THE SCHOOL Discuss when your child can come back to school (same day/next day)</p>The test comes back negative.
My Child is ill with symptoms not linked to COVID-19.	<p>FOLLOW USUAL SCHOOL ABSENCE POLICY PROCEDURE</p>	After 48 hrs following the last bout of sickness/diarrhoea if this is the cause of absence.
Someone in my household has COVID-19 symptoms.	<p>DO NOT COME TO SCHOOL Contact school. Self-isolate the whole household for 14 days. Household member to get tested. INFORM SCHOOL IMMEDIATELY ABOUT TEST RESULT</p>The test comes back negative.
Someone in my household tests positive for COVID-19	<p>DO NOT COME TO SCHOOL Contact school. Agree an earliest date for possible return Minimum of 14 days.</p>The child has completed 14 days of isolation.
NHS test & trace has identified my child has been in close contact of someone with symptoms of confirmed COVID-19	<p>DO NOT COME TO SCHOOL CONTACT SCHOOL. Agree an earliest date for possible return Minimum of 14 days.</p>The child has completed 14 days of isolation.
We/my child has travelled and has to self-isolate as a period of quarantine.	<p>Do not take unauthorised leave in term time. Consider quarantine requirements and FCO advice when booking travel. Returning from a destination where quarantine is needed. Agree an earliest date for possible return. Minimum of 14 days from return date. Self-isolate the whole household.</p>The quarantine period of 14 days has been completed.
We have received medical advice that my child must resume shielding.	<p>DO NOT COME TO SCHOOL CONTACT SCHOOL. Shield until you are informed that restrictions are lifted and shielding is paused again.</p>School inform you that restrictions have been lifted and your child can return to school.
My child's bubble is closed due to COVID-19 outbreak in school.	<p>DO NOT COME TO SCHOOL At home support your child with remote education provided by school. Your child will need to isolate for 14 days.</p>School will inform you when the bubble will be reopened.



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Ysgolion a COVID-19 - Gwybodaeth i Rieni

1. A alla i sgwrsio â rhieni eraill ar yr iard?

Gallwch, ond mae'n bwysig iawn cadw at y rheol cadw pellter cymdeithasol 2m ar yr iard, yn ogystal â phobman arall. Rydyn ni'n gwybod ei bod hi wir yn demtasiwn cyfarch pobl nad ydych chi wedi'u gweld ers amser maith gyda chwtsh neu gusan, neu ymuno â sgwrs gyda grŵp o rieni, ond mae COVID-19 yn dal i fod gyda ni. Hyd yn oed os ydych yn gwisgo masg, mae'n hanfodol cadw pellter cymdeithasol.

2. A fydd fy mhlant yn gwneud addysg gorfforol (AG)?

Byddan, mae addysg gorfforol yn bwysig iawn i blant, ond bydd gwersi yn cael eu haddasu i leihau'r risg o ledaenu COVID-19. Gallwch wneud pethau'n llawer haws trwy wirio pryd bydd eich plentyn yn cael gwersi AG a sicrhau ei fod yn mynd i'r ysgol yn ei wisg AG ar y dyddiau hynny.

3. A all plant fynd i'r ysgol ag annwyd?

Os nad oes gan blentyn symptomau COVID-19 ond mae ganddo symptomau eraill tebyg i annwyd, megis trwyn yn rhedeg, nid oed angen iddo gael prawf ac nid oes angen iddo hunanyysu. Gall eich plentyn fynd i'r ysgol os yw'n ddigon iach i wneud hynny.

4. A yw plant yn gallu mynd i'r ysgol os oes gan riant neu frawd neu chwaer arall, neu unrhyw un arall yn eu tŷ symptomau COVID-19?

Os yw plentyn/rhiant/aelod o'r aelwyd yn datblygu symptomau COVID-19, dylai'r aelwyd gyfan hunanyysu ar unwaith, ac archebu prawf i'r unigolyn sydd â'r symptomau. Nid yw'n angenrheidiol profi'r aelwyd gyfan os nad oes ganddynt symptomau.

Symptomau COVID-19 yw:

- peswch newydd, parhaus
- tymheredd uchel
- colli neu newid i synnwyr arogli neu flasu

5. A yw plant yn gallu mynd i'r ysgol os ydyn nhw wedi bod mewn cysylltiad â rhywun nad ydyn nhw'n byw gyda nhw ond sydd â symptomau COVID-19?

Os yw plentyn wedi bod mewn "cysylltiad" â rhywun sydd â symptomau, dylai fynd ymlaen fel arfer hyd nes bod yr unigolyn hwnnw'n derbyn canlyniad ei brawf. Os yw hwn yn bositif, bydd y tîm Profi, Orlhain, Diogelu yn cysylltu â phobl a nodwyd fel cysylltiadau.

Mae cyswllt yn golygu:

- cyswllt wyneb yn wyneb gyda rhywun llai nag 1 metr i ffwrdd (gan gynnwys pan fyddwch wedi gwisgo gorchudd wyneb neu fasg wyneb)
- treulio mwy na 15 munud o fewn 2 fetr i rywun
- teithio mewn car gyda rhywun (hyd yn oed ar daith fer)

6. Beth fydd yn digwydd os oes gan yr ysgol achos positif o COVID-19?

Pan nodir bod achos o COVID-19 wedi'i gadarnhau yn mynychu lleoliad addysgol neu ofal plant (boed yn staff neu'n ddisgybl) cysylltir â'r achos (neu'r rhiant) i asesu a oedd yn mynychu'r ysgol yn ystod ei gyfnod heintus ac a oes angen olrhain cysylltiadau ymhellach yn yr ysgol. Os yw unrhyw aelod o staff neu blentyn yn yr ysgol yn gyswllt i'r achos, bydd gofyn iddynt hunanynysu am 14 diwrnod a bydd eich tîm Profi, Orlhain, Diogelu neu Adran Addysg leol yn cysylltu â nhw. Os nad yw aelod o staff neu blentyn o'r ysgol yn gyswllt i'r achos, ni fydd angen iddynt hunanynysu.

7. Archebu prawf COVID-19:

Dim ond pobl â symptomau (peswch newydd, parhaus, tymheredd uchel, colli neu newid i synnwyr arogli neu flasu) ddylai gael eu profi.

Gellir trefnu prawf COVID-19 trwy'r [Porth](#), neu drwy ffonio 119.

Mae profion ar gael yn bersonol neu gyda phe cyn profi cartref yn cael ei ddanfôn i'ch cartref a'i gasglu. Swab gwddf neu gyfuniad o swab gwddf a thrwyn yw'r prawf.

Mae rhai pobl yn ei chael hi'n anodd cael prawf. Efallai gall eich tîm Profi, Orlhain, Diogelu eich helpu os ydych yn cael problemau.

8. Hunanynysu:

Mae'n rhaid i unrhyw un sydd â symptomau COVID-19, ac unrhyw un sy'n byw gyda nhw, hunanynysu hyd yn oed os yw'r symptomau'n ysgafn.

Mae'n rhaid i chi beidio â mynd i'r ysgol, meithrinfa, lleoliadau gofal plant eraill, gwaith, neu leoedd megis meddygfa, fferyllfa neu ysbyty.

Mae'n rhaid i unrhyw un sydd â symptomau hunanynysu am 10 diwrnod o'r adeg y dechreuodd ei symptomau. Gall ddychwelyd i'r ysgol neu'r gwaith ar ôl 10 diwrnod os ydyw'n ddigon iach i wneud hynny.

Mae'n rhaid i unrhyw un yn yr aelwyd sydd heb symptomau hunanynysu am 14 diwrnod o'r adeg y dechreuodd y person cyntaf yn y cartref gael symptomau.

Dim ond pobl â symptomau ddylai gael prawf. Ni ddylai pobl heb symptomau gael prawf.

Nid yw cael canlyniad prawf negatif pan fyddwch yn gyswllt ag achos yn byrhau'r cyfnod ynysu, bydd gofyn i chi ynysu am 14 diwrnod o hyd os ydych chi'n gyswllt wedi'i gadarnhau o achos positif.

Os yw rhiant o'r farn bod gan ei blentyn/phlentyn symptomau OND mae'n penderfynu na fydd y plentyn yn cael prawf, rhaid i bob aelod o'r cartref hunanynysu am 14 diwrnod o ddechrau'r symptomau.

Os ydych yn cael canlyniad prawf positif, bydd y tîm Profi, Orlhain, Diogelu yn cysylltu â chi.

Os bydd y person sydd â symptomau yn cael canlyniad prawf negatif, ni fydd rhaid i bawb hunanynysu mwyach, gall plant ddychwelyd i'r ysgol a gall rhieni ddychwelyd i'r gwaith os ydynt yn ddigon iach a chyhyd â bod neb arall ar yr aelwyd wedi datblygu symptomau.

Schools and COVID-19 – Information for Parents

1. Can I chat to other parents in the playground?

Yes, but it is really important to stick to the 2m social distancing rule in the playground, as well as everywhere else. We know that it is really tempting to greet people you've not seen in a long time with a hug or kiss, or to join a chat with a group of parents, but COVID-19 is still with us. Even if you are wearing a mask, social distancing is essential.

2. Will my children be doing PE?

Yes, PE is really important for children, but lessons will be adapted to reduce risk of spread of COVID-19. You can make it much easier by checking when your child has PE lessons and making sure that they go to school in their PE kit on those days.

3. Can children go to school with a cold?

If a child does not have symptoms of COVID-19 but has other cold-like symptoms, such as a runny nose, they do not need to be tested and they and you do not need to self-isolate. Your child can go to school if fit to do so.

4. Are children able to go to school if a parent or another sibling, or anyone else in their house has symptoms of COVID-19?

If a child/parent/household member develops symptoms of COVID-19, **the entire household should immediately self-isolate, and book a test for the individual with the symptoms.** It is not necessary to test the entire household if they are not symptomatic.

The COVID-19 symptoms are:

- a new continuous cough
- a high temperature
- loss of or change to sense of smell or taste

5. Are children able to go to school if they have been in contact with someone who they don't live with but who has symptoms of COVID-19?

If a child has been in "contact" with someone experiencing symptoms, they should carry on as normal until that individual receives their test result. If this is positive, the TTP Team will contact people identified as contacts.

Contact means:

- face-to-face contact with someone less than 1 metre away (including when you have worn a face covering or face mask)
- spending more than 15 minutes within 2 metres of someone
- travelling in a car with someone (even on a short journey)

6. What happens if the school has a positive case for COVID-19?

When a confirmed case of COVID-19 is identified as attending an educational or childcare setting (staff or pupil) contact will be made with the case (or parent) to assess whether they attended the school during their infectious period and whether further tracing of contacts in the school is needed. If any staff member or child within the school is a contact of the case, they will be required to self-isolate for 14 days and contacted by your local Test, Trace, Protect (TTP) team or Education Department. If a staff member or child from the school is not a contact of the case, they will not be required to self-isolate.

7. Booking a COVID-19 test:

Only people with symptoms (a new continuous cough, a high temperature, or loss of or change in the sense of taste or smell) should be tested.

A COVID-19 test can be arranged via the [Portal](#), or by ringing 119. Testing is available in person or with a home testing kit delivered to and collected from your home. The test is a throat swab or combined throat and nose swab.

Some people are having difficulties obtaining tests. Your TTP team may be able to help if you are having problems.

8. Self-isolation:

Anyone with COVID-19 symptoms, and anyone who lives with them, must self-isolate, even if symptoms are mild.

You must not go to school, nursery, other childcare settings, work, or places like a GP surgery, pharmacy or hospital.

Anyone with symptoms must self-isolate for 10 days from when their symptoms started. They can return to school or work after 10 days if they are well enough to do so.

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

A test is only needed for people who are symptomatic. People who are not symptomatic should not have a test.

Receiving a negative test result when you are a contact of a case **does not** shorten the isolation period, you will still be required to isolate for 14 days if you are a confirmed contact of a positive case.

If a parent thinks their child has symptoms BUT chooses not to put them through a test all household members must remain in self-isolation for 14 days from the onset of symptoms.

If you receive a positive test result, you will be contacted by the TTP Team.

If the person who has symptoms has a negative test, self-isolation can end for everyone, children may return to school and parents can return to work if they are well enough and as long as nobody else in the household has developed symptoms.