

## COVID-19 and other respiratory illnesses

### Guidance note for students

**Latest guidance from the UKHSA (UK Health Security Agency) notes that Flu and coronavirus (COVID-19) are currently circulating at high levels and are likely to continue to increase in coming weeks. High numbers of scarlet fever, which is caused by group A streptococcus, also continue to be reported.**

Professor Susan Hopkins, Chief Medical Adviser at the UK Health Security Agency (UKHSA), said:

- It's important to minimise the spread of infection in schools and other education and childcare settings as much as possible. If your child is unwell and has a fever, they should stay home from school or nursery until they feel better and the fever has resolved.
- Helping children to learn about the importance of good hand hygiene is also key, so practice regular handwashing at home with soap and warm water. Catching coughs and sneezes in tissues then binning them is another simple way to help stop illness from spreading.

Guidance relating to COVID-19 remains unchanged. It is recommended that students and staff should stay at home and avoid contact with others if they have tested positive for coronavirus (COVID-19) or have symptoms of COVID-19.

### What to do if your child has tested positive for COVID-19

If a child or young person aged 18 or under tests positive for COVID-19, they should try to stay at home and avoid contact with other people for **3 days**. This starts from the day after they did the test.

When reporting your child's absence, please let us know whether your child has tested positive, or just has symptoms.

Your child should not return to school while they have a high temperature.

## If your child is feeling unwell and *does not* test positive or tests negative for COVID-19

If your child does not feel well enough to go to school they should:

- stay at home and avoid contact with other people
- avoid meeting [people at higher risk from COVID-19](#), especially if their immune system means they're at higher risk of serious illness from COVID-19, even if they've had a COVID-19 vaccine.

Students can return to school if they:

- feel well enough to do so
- do not have a high temperature

## Adults testing positive for COVID-19

Please note, the guidance is different for adults if they test positive for COVID-19. You should:

- try to stay at home and avoid contact with other people for **5 days**
- avoid meeting [people at higher risk from COVID-19](#) for 10 days, especially if their immune system means they're at higher risk of serious illness from COVID-19, even if they've had a COVID-19 vaccine.

This starts from the day after you did the test.

Professor Susan Hopkins, Chief Medical Adviser at the UK Health Security Agency (UKHSA), said:

Adults should also try to stay home when unwell and if you do have to go out, wear a face covering. When unwell don't visit healthcare settings or visit vulnerable people unless urgent.

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