

## Quick guide for parents and carers

NSW Health will advise your school if there is a COVID-19 positive case on a day that your child attended and in turn they will let you know if your child has been named as a close or casual contact.

### If your child has COVID-19 symptoms

If you or your child has any COVID-19 symptoms get tested as soon as possible and self-isolate until you receive a negative result. Common symptoms include fever, headache, cough, sore throat, difficulty breathing, runny nose or fatigue.

You must travel by private transport to be tested and wear a face mask. This applies even if you or your child is fully vaccinated.

Self-isolation rules are different depending on your circumstances. While it is likely that older children can isolate by themselves younger children may need their parent or carer to co-isolate with them.

### People with COVID-19 symptoms

Get tested immediately if you have any of the following COVID-19 symptoms, including when symptoms are mild and even if you are vaccinated. You do not need more than one symptom to get tested. Do not wait for symptoms to get worse or change.

Common symptoms include:

- fever (37.5 C or higher) or history of fever (night sweats, chills)
- headache
- cough
- sore throat
- shortness of breath (difficulty breathing)
- runny nose
- fatigue
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Other reported symptoms include loss of taste and/or smell, acute blocked nose (congestion), muscle pain, joint pain, diarrhoea, nausea/vomiting, loss of appetite, unexplained chest pain and conjunctivitis.

- Do not visit people, shops or anywhere else on the way to or from the testing centre.
- Travel by private vehicle, ride or walk. Do not use public transport.
- Wear a face mask that covers your nose and mouth.

- Tell the testing clinic staff if you are a close contact of a person with COVID-19.
- If you cannot get to a testing clinic, call your GP for advice on testing. If your GP is unable to arrange COVID-19 home testing, call the NSW Health Isolation Support Line on 1800 943 553.

Students who do not undertake a covid-19 test will not be permitted to return to school for a 10-day period. Additionally, they must be symptom-free for at least 3 days prior to returning to school.

Students who have seasonal allergic rhinitis or another condition that presents similarly to flu-like symptoms are still required to get a covid test and return a negative result. Where their symptoms continue beyond 10 days, students should provide documentation from their GP confirming their symptoms.

## **If your child is positive for COVID-19**

Your child can return to their school or early childhood service once they have completed their isolation, have been medically cleared and have been provided with a medical clearance notice by a medical practitioner or a registered nurse. Your child should only return to on-site learning if well and not experiencing any COVID-19 symptoms.

For further information on release from isolation, please review NSW Health's [release and recovery from COVID-19](#).

All schools will be vigilant when implementing infection control, physical distancing and personal hygiene protocols to protect health and safety of students and staff.

If you have been requested by the Principal or one of our Deputy Principals to get your child tested, please provide the negative test **prior** to them returning to school. You can email your test results [darcyroad-p.school@det.nsw.edu.au](mailto:darcyroad-p.school@det.nsw.edu.au)

Please advise the school **immediately** if your child, a member of your family has tested positive to covid-19, or you have been classified as a close contact to someone who has tested positive to covid-19.

If you require any further information, please contact our school office or send an email to our school email.

Thank you.

Darcy Road Public School