

## Information for Parents

### What to do if your child develops symptoms of coronavirus (COVID 19)

Having been identified as a close contact, if your child then develops symptoms of coronavirus (COVID-19), they should remain at home for at least 10 days from the date when their symptoms appeared. Symptoms of coronavirus (COVID-19) are a new, continuous cough, or a high temperature, or a loss of, or change in, their normal sense of taste or smell (anosmia). Anyone with symptoms will be eligible for a PCR test - this is the type of test that is normally available and can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test-or-by-calling-119>.

### What to do if your child then tests positive for coronavirus (COVID-19)

If your child tests positive for COVID-19 then you and your household should isolate for 10 days.

### For most people, coronavirus (COVID-19) will be a mild illness.

If your child does develop symptoms, you can seek advice from the nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>. If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk> or by phoning 111.

### How to stop coronavirus (COVID-19) spreading

We need to be very careful and vigilant as Liverpool reopens. Currently, the most common strain of virus in the UK is called the Delta variant and we have seen a steep rise in COVID-19 cases recently. Evidence suggests the Delta variant spreads more easily than previous strains. There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus (COVID-19):

- **Hands:** wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands as soon as you get home
- **Face:** wear a mask in public places and on public transport; ensure it fits comfortably and covers both your mouth and nose.
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- **Space:** Where possible keep 2 metres / 6 feet apart from others outside of your family / bubble.
- **Ventilate:** Where reasonably practicable, doors and windows should remain open to allow fresh air to pass through and reduce the density of COVID-19 particles indoors.

- Vaccination protects against the Delta variant, and both doses are needed for maximum coverage. Public Health are advising that it is therefore important that you get your COVID-19 vaccine as soon as you are offered. This will ensure that further spread is limited quickly and effectively.
- Continue to do asymptomatic lateral flow device testing at home, twice per week (secondary age pupils, and household members of any child in a school bubble). <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested>

### **Financial support if you have to take time off work to care for your child while they are self-isolating**

If you are on a low income and you need to take time off work to care for your child while they are self-isolating, you may be eligible for financial support from your local authority through the Test and Trace Support Payment scheme.

The Test and Trace Support Payment scheme is open to people who live in England and who meet the following criteria:

- They are the parent or guardian of a child or young person in the same household and need to take time off work to care for them while they self-isolate; this is limited to one parent or guardian per household for the child or young person's self-isolation period
- Are employed or self-employed
- Are unable to work from home while undertaking caring responsibilities and will lose income as a result
- They are currently receiving or are the partner of someone in the same household who is receiving at least one of the following benefits:
  - Universal Credit
  - Working Tax Credit
  - income-based Employment and Support Allowance
  - income-based Jobseeker's Allowance
  - Income Support
  - Housing Benefit
  - Pension Credit
- Their child or young person:
  - is aged 15 or under (or 25 or under with an Education, Health and Care Plan (EHC) and normally attends an education or childcare setting
  - has been told to self-isolate by NHS Test and Trace or by their education or childcare setting because they have been identified as a close contact of someone who has tested positive for COVID-19

Discretionary payments are also available for people on low incomes who are not on means-tested benefits but who may still face hardship as a result of the requirement to self-isolate. Your local authority may have additional eligibility criteria in place for discretionary payments.

If you are eligible, you will receive a £500 payment from your local authority in addition to any benefits and Statutory Sick Pay you receive currently. If you are

unsure which local authority you should claim from, you can check on Find your Local Council on GOV.UK: <https://www.gov.uk/find-local-council>

**Your local authority will contact your child's school to verify the information you provide about your child as part of the process of confirming whether you are eligible for a payment.**

You can see the full eligibility criteria for the Test and Trace Support Payment scheme and find out how to apply at:  
<https://www.gov.uk/government/publications/test-and-trace-support-payment-scheme-claiming-financial-support/claiming-financial-support-under-the-test-and-trace-support-payment-scheme>.

If you think you meet the eligibility criteria listed above and would like to apply to your local authority for a payment from the Test and Trace Support Payment scheme, you should provide this letter to your local authority to support your application. **You will not be able to make an application for a payment from the Test and Trace Support Payment scheme without this letter.**

Please note you have 42 days from the date on this letter to apply for the test and trace support payment.

Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>