

Information for parents

What if...	What do you do?	Who to ring/ contact and other helpful information									
My child has a runny nose/ sore throat/ has a cold	It's normal at this time of year for children to get a runny nose, sore throat and/or a cold. We do expect children to come to school with these. If you are concerned please speak to a member of staff so we can keep a close eye and make sure your child is ok whilst at school.	https://www.nhs.uk/conditions/common-cold/									
My child has a temperature.	<p>If your child's temperature is above 37.8° or their chest/back is hot to touch they need to stay at home and book a Covid test immediately.</p> <p>You will need to inform the school.</p> <p>If the test is negative, your child can return to school as soon as they are well enough.</p> <p>If the test is positive, your child will need to self-isolate for 10 days.</p>	<p>To book a Covid test: Visit https://www.gov.uk/get-coronavirus-test to book a test.</p> <p>If you have a problem using the online service you can call: 119 (7am-11pm)</p> <p>There are two ways of getting a test:</p> <ul style="list-style-type: none"> ● a home test sent to your house for you to do. ● an appointment at a centre that you would walk or drive to. <ul style="list-style-type: none"> ● Home tests are released 8am every day ● Test centres release appointments at 8pm for the next day. <p>If you are unable to get a test/appointment please do keep checking as they do release a few kits/appointments throughout the day.</p> <p>In Hackney there are two local test sites:</p> <table border="1" data-bbox="762 1691 1525 2063"> <thead> <tr> <th>Testing Site</th> <th>Address</th> <th>Opening times and dates</th> </tr> </thead> <tbody> <tr> <td>Bentley Road</td> <td>Bentley Road car park, Dalston, N1 4DB</td> <td>8am - 8pm seven days a week</td> </tr> <tr> <td>Stamford Hill</td> <td>Yesodey Hatorah School, Egerton Road, N16 6UB</td> <td>10.30am-3.30pm on the following days: 13, 27, 29, 30 September and 1, 18 and 25 October</td> </tr> </tbody> </table>	Testing Site	Address	Opening times and dates	Bentley Road	Bentley Road car park, Dalston, N1 4DB	8am - 8pm seven days a week	Stamford Hill	Yesodey Hatorah School, Egerton Road, N16 6UB	10.30am-3.30pm on the following days: 13, 27, 29, 30 September and 1, 18 and 25 October
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<p>My child has a new persistent cough (this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours - if they usually have a cough, it may be worse than usual)</p>	<p>Your child needs to stay at home and you need to book a Covid test immediately.</p> <p>You will need to inform the school.</p> <p>If the test is negative, your child can return to school as soon as they are well enough.</p> <p>If the test is positive, your child will need to self-isolate for 10 days.</p>	<p>To book a Covid test: Visit https://www.gov.uk/get-coronavirus-test to book a test.</p> <p>If you have a problem using the online service you can call: 119 (7am-11pm)</p> <p>There are two ways of getting a test:</p> <ul style="list-style-type: none"> • a home test sent to your house for you to do. • an appointment at a centre that you would walk or drive to. <ul style="list-style-type: none"> • Home tests are released 8am every day • Test centres release appointments at 8pm for the next day. <p>If you are unable to get a test/appointment please do keep checking as they do release a few kits/appointments throughout the day.</p> <p>In Hackney there are two local test sites:</p> <table border="1"> <thead> <tr> <th>Testing Site</th> <th>Address</th> <th>Opening times and dates</th> </tr> </thead> <tbody> <tr> <td>Bentley Road</td> <td>Bentley Road car park, Dalston, N1 4DB</td> <td>8am - 8pm seven days a week</td> </tr> <tr> <td>Stamford Hill</td> <td>Yesodey Hatorah School, Egerton Road, N16 6UB</td> <td>10.30am-3.30pm on the following days:</td> </tr> </tbody> </table>	Testing Site	Address	Opening times and dates	Bentley Road	Bentley Road car park, Dalston, N1 4DB	8am - 8pm seven days a week	Stamford Hill	Yesodey Hatorah School, Egerton Road, N16 6UB	10.30am-3.30pm on the following days:
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<p>My child has a loss or change to their sense of smell or taste – this means they have noticed they cannot smell or taste anything</p>	<p>Your child needs to stay at home and you need to book a covid test immediately.</p> <p>You will need to inform the school.</p> <p>If the test is negative, your child can return to school as soon as they are well enough.</p> <p>If the test is positive, your child will need to self-isolate for 10 days.</p>	<p>There are also walk through/drive through test sites (call to book an appointment before going):</p> <p>Covid-19 Walk-through Testing Site - Waltham Forest (Stanley Road Car Park) Car Park, Stanley Rd, Walthamstow, London E10 7FF Tel: 0300 303 2713</p> <p>Covid-19 Drive-through Testing Site - London (Greenwich) TFL Car Park, Edmund Halley Way, Greenwich Peninsula, London SE10 0PH Tel: 0300 303 2713</p> <p>Covid-19 Walk-through Testing Site - Newham (East Ham Care Centre) East Ham Care Centre, London E7 8QP Tel: 0300 303 2713</p> <p>Covid-19 Drive-through Testing Site - Central SW (Twickenham) 3 Whitton Dene, Road, Twickenham, Hounslow TW3 2JS Tel: 0300 303 2713</p> <p>To book a Covid test: Visit https://www.gov.uk/get-coronavirus-test to book a test.</p> <p>If you have a problem using the online service you can call: 119 (7am-11pm)</p> <p>There are two ways of getting a test:</p> <ul style="list-style-type: none"> • a home test sent to your house for you to do. • an appointment at a centre that you would walk or drive to. <ul style="list-style-type: none"> • Home tests are released 8am every day • Test centres release appointments at 8pm for the next day. <p>If you are unable to get a test/appointment please do keep checking as they do release a few kits/appointments throughout the day.</p> <p>In Hackney there are two local test sites:</p>		

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<p>If a member of my household develops coronavirus symptoms</p>	<p>If a member of your household has symptoms of COVID-19 however mild, they need to do a test immediately.</p> <p>Please inform the school of when the test is booked.</p> <p>Try to distance yourself from the individual who has symptoms</p> <p>Self-isolate until there is a result. If the test is positive you will need to self-isolate for 14 days</p>	<p>https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance</p> <p>https://www.gov.uk/get-coronavirus-test</p>		

	<p>from the day you were last in contact with the person.</p> <p>If their test is negative your family can stop isolating and return to school/work.</p> <p>This can change if you then have symptoms. If you are not sure, please call the school office.</p>	
<p>My child is vomiting or has diarrhoea</p>	<p>You need to keep your child at home. They can return to school 24hours after their last vomiting or diarrhoea episode.</p>	<p>https://www.nhs.uk/conditions/diarrhoea-and-vomiting/</p>
<p>If I'm struggling with anything at the moment or know someone who is, what can I do?</p>	<p>Hackney has a Covid helpline and lots of support organisations to help families deal with the following:</p> <ul style="list-style-type: none"> *mental health *finance *food *housing *business <p>or any other support.</p>	<p>If you need any kind of support during Coronavirus pandemic, please look on this page https://hackney.gov.uk/coronavirus-support</p> <p>Hackney coronavirus helpline: 0208 356 3111 9am-5pm</p>