



Covid-19 Quick Guide (adapted from gov.uk/backtoschool)

WHAT TO DO IF...	ACTION NEEDED	BACK TO FOOTBALL
...my child has COVID19 (coronavirus) symptoms*	<ul style="list-style-type: none"> • Child shouldn't attend football • Child should get a test • Whole household self-isolates while waiting for test result • Inform the club immediately about test results 	...when child's test comes back negative and symptom free for 48 hours
...my child tests positive for COVID-19 (coronavirus)	<ul style="list-style-type: none"> • Child shouldn't attend football • Child self-isolates for at least 10 days from when symptoms* started (or from day of test if no symptoms) • Inform the club immediately about test results • Whole household self-isolates for 14 days from day when symptoms* started (or from day of test if no symptoms) - even if someone tests negative during those 14 days 	...when child feels better, and has been without a fever for at least 48 hours they can return to football after 10 days even if they have a cough or loss of smell / taste. These symptoms can last for several weeks once the infection is gone.
...somebody in my household has COVID19 (coronavirus) symptoms*	<ul style="list-style-type: none"> • Child shouldn't attend football • Household member with symptoms should get a test • Whole household self-isolates while waiting for test result • Inform the club immediately about test results 	...when household member test is negative, and child does not have COVID-19 symptoms*
...somebody in my household has tested positive for COVID-19 (coronavirus)	<ul style="list-style-type: none"> • Child shouldn't attend football • Whole household self-isolates for 14 days from day when symptoms* started (or from day of test if no symptoms) - even if someone tests negative during those 14 days 	...when child has completed 14 days of self-isolation, even if they test negative during the 14 days

* Symptoms include at least one of a high temperature; a new continuous cough; a loss of or change to your sense of smell or taste. See more at:
<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>



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<p>...NHS Test and Trace has identified my child as a 'close contact' of somebody with symptoms* or confirmed COVID-19 (coronavirus)</p>	<ul style="list-style-type: none"> • Child shouldn't attend football • Child self-isolates for 14 days (as advised by NHS Test and Trace) – even if they test negative during those 14 days • Rest of household does not need to self-isolate, unless they are a 'close contact' too 	<ul style="list-style-type: none"> • Child shouldn't attend football • Child self-isolates for 14 days (as advised by NHS Test and Trace) – even if they test negative during those 14 days • Rest of household does not need to self-isolate, unless they are a 'close contact' too
<p>...we / my child has travelled and has to selfisolate as part of a period of quarantine</p>	<ul style="list-style-type: none"> • Consider quarantine requirements and FCO advice when booking travel Returning from a destination where quarantine is needed: <ul style="list-style-type: none"> • Child shouldn't attend football • Whole household self-isolates for 14 days – even if they test negative during those 14 days 	<p>...when the quarantine period of 14 days has been completed for the child, even if they test negative during those 14 days</p>
<p>...we have received advice from a medical / official source that my child must resume shielding</p>	<ul style="list-style-type: none"> • Child shouldn't attend football • Child should shield until you are informed that restrictions are lifted and shielding is paused again 	<p>...when restrictions have been lifted and your child can return to football again</p>
<p>....I am not sure who should get a test for COVID -19 (coronavirus)</p>	<ul style="list-style-type: none"> • Only people with symptoms* need to get a test • People without symptoms are not advised to get a test, even if they are a 'close contact' of someone who tests positive 	<p>...when conditions above, as matching your situation, are met</p>