

## Actions you can take

Do not send your child to their nursery, childminder, school or college if:

- they are showing [coronavirus \(COVID-19\) symptoms](#)
- someone in their household is showing symptoms

[Arrange a test](#) if you or your child develops symptoms. Inform your nursery, childminder, school or college of the results.

If the test is positive, follow [guidance for households with possible or confirmed coronavirus \(COVID-19\) infection](#), and engage with the NHS Test and Trace process.

Your child does not need a test if they:

- have a runny nose, are sneezing or feeling unwell, but do not have a temperature, cough or loss of, or change in, sense of smell or taste
- are advised to self-isolate because they have been in close contact with someone who has tested positive for coronavirus (COVID-19), for example, another pupil in their class, but are not showing symptoms themselves

It is really important that you help nurseries, childminders, schools and colleges to implement these actions by following the advice set out here and wider public health advice and guidance.

## Online safety

Most people, including children, have been spending more time online, whether that is in the classroom or at home.

See the [support for parents and carers to keep children and young people safe from online harm](#). It suggests resources to help keep children and young people safe from different risks online and where to go for support and advice. [Support to stay safe online](#) includes information on security and privacy settings.

## Mental health and wellbeing

Nurseries, childminders, schools and colleges will understand that some children and young people may be experiencing feelings such as anxiety, stress or low mood as a result of the coronavirus (COVID-19) outbreak.

There are online resources available to help you and your child with mental health, including:

- [MindEd](#), a free educational resource from Health Education England on children and young people's mental health
- [Rise Above](#), which aims to build resilience and support good mental health in young people aged 10 to 16
- [Every Mind Matters](#), which includes an online tool and email journey to support everyone to feel more confident in taking action to look after their mental health and wellbeing
- [Bereavement UK](#) and the [Childhood Bereavement Network](#), provide information and resources to support bereaved pupils, schools and staff

Barnardo's See, Hear, Respond service, provides support to children, young people and their families who aren't currently seeing a social worker or other agency, and who are struggling to cope with the emotional impacts of coronavirus (COVID-19). You can access via the ['See, Hear, Respond' service self-referral webpage](#) or Freephone 0800 151 7015.