**COVID-19 (Coronavirus)Information**

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| **What to do if** | **Action needed** | **Back to training** |
| My daughter has COVID-19 (coronavirus) symptoms\* | * My daughter will not attend the training/match
* My daughter should get a test
* Whole household self- isolates while waiting for test results
* Inform the COVID-19 officer immediately about test results
 | If my daughter’s test comes back negative and symptom free then she can return to the trainingIf the test results if positive, then see below. |
| My daughter tests positive for COVID-19 (coronavirus) | * My daughter will not attend the training/match
* My daughter will self-isolates for at least 10 days from when symptoms\* started (or from day of test if no symptoms)
* Inform COVID-19 officer and her coach 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
* Other household members should not get tested unless they develop symptoms because even if they tested negative, they must still isolate for 14 days
 | After 10 days has passed so long as my daughter is feeling better and has been without a fever for at least 48 hours.My daughter can return to training after 10 days even if they still 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 COVID-19 (coronavirus) symptoms\* | * My daughter will not attend the training/match
* Household member with symptoms should get a test
* Whole household self- isolates while waiting for test result
* Inform the COVID-19 officer and coaches immediately

about test results  | If the household member test is negative, and my daughter does not have COVID-19 symptoms\* |
| Somebody in my household has tested positive for COVID-19 (coronavirus) | * My daughter will not attend the training/match
* 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* No need for my daughter to get tested unless she develop symptoms
 | When my daughter has completed 14 days of self-isolation, even if they tested negative during the 14 days |
| NHS Test and Trace has identified my daughter has a ‘close contact’ of somebody with symptoms\* or confirmed COVID-19 (coronavirus) | * My daughter will not attend the training/match
* My daughter will self-isolates for 14 days (as advised by NHS Test and Trace) - even if they tested negative during those 14 days
* Rest of household does not need to self-isolate, unless they are a ‘close contact’ too
 | When my daughter has completed 14 days of self- isolation, even if they tested negative during those 14 days |
| We/my daughter has travelled and has to self-isolate as part of a period of quarantine (14 days) | * My daughter will not attend the training/match
* Whole household self- isolates for 14 days – even if they test negative during

those 14 days | When the quarantine period of 14 days has been completed for my daughter, even if they test negative during those 14 days |
| We have received advice from a medical/official source that my daughter must resume shielding | * My daughter will not attend the training/match
* Contact the COVID-19 officer
* My daughter should shield until you are informed that their restrictions are lifted, and shielding is paused again
 | When you are informed that restrictions have been lifted and your daughter can return to training/match |
| I am not sure who should get a test for COVID-19 (coronavirus) | * 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 tested positive
 | When conditions above as matching your situation, are met |

\***Symptoms include** a high temperature, a new continuous cough and loss or change to your sense of smell or taste. See more at [**www.nhs.uk/coronavirus**](http://www.nhs.uk/coronavirus)

For further support: Please contact J. Loss COVID-19 officer for Magnet Netball Club

New Government Guidance: Only six people from multiple households can now meet up for social gathering, both indoors and outdoors. For more information please visit: www.gov.uk/coronavirus

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