Recognising Coronavirus (COVID-19) Symptoms

Would you have kept your child off school before Covid?

Yes

Keep your child off school until they are well enough to return.

Please inform the school that your child is absent and the reason why.

No

Do they have:
- A high temperature?
- A new continuous cough?
- A loss of taste or smell?

Yes

Keep your child off school and at home. Please inform the school that your child is absent and the reason why.

Call 119 or visit nhs.uk and book a Covid test.

Your child and your household must self-isolate until you have the results.

No

Does your child have an underlying chronic medical condition such as cystic fibrosis?

Yes

Speak to their specialist team about testing procedures if you haven't already seen, spoken to them or had a letter from them with advice.

No

Chidren who have:
- A runny or stuffy nose
- Sore throat without a fever
- Mild colds

but are otherwise well, should go to school AS NORMAL

For more information visit:
www.nhs.uk/conditions/coronavirus-covid-19/symptoms

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Recognising Coronavirus (COVID-19) Symptoms

NHS

Symptoms	Covid-19 Symptoms range from mild to severe	Flu Rapid onset of symptoms	Cold Gradual onset of symptoms
 Fever (37.8C or above)	Common	Common	Rare
 Fatigue	Sometimes	Common	Sometimes
 Cough	Common (usually dry)	Common (usually dry)	Mild
 Sneezing	No	No	Common
 Aches and pains	Sometimes	Common	Common
 Runny or stuffy nose	Rare	Sometimes	Common
 Sore throat	Sometimes	Sometimes	Common
 Diarrhoea	Rare	Sometimes (for children)	No
 Headaches	Sometimes	Common	Rare
 Shortness of breath	Sometimes	No	No
 Loss of taste or smell	Common	No	Sometimes

Common symptoms are highlighted in green as a comparison.
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Coronavirus (COVID-19)
A guide for parents / carers

What to do if...	Action needed	Back to school
My child has COVID-19 (Coronavirus) symptoms*	• Child should get a test • Whole household self-isolates while waiting for test result • Child shouldn't attend school • Inform school immediately about test results	**When a child's test comes back negative and symptom free for 48 hours.**
My child tests positive for COVID-19 (Coronavirus)	• Child self-isolates for at least 10 days from when symptoms* started (or from day of test if no symptoms) • Rest of 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* • Child shouldn't attend school • Inform school immediately about test results	**Child can return to school after 10 days if they feel better and have been without a fever for at least 48 hours.** A cough or loss of smell / taste can last for several weeks once the infection is gone.
Somebody in my house has COVID-19 (Coronavirus) symptoms*	• Household member with symptoms should get a test • Whole household self-isolates while waiting for test result • Child shouldn't attend school Inform school immediately about test results	**When household member test is negative, and child does not have COVID-19 (Coronavirus) symptoms*.**
Somebody in my household has tested positive for COVID-19 (Coronavirus)	• 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* • Child shouldn't attend school	**When child has completed 14 days of self-isolation, even if they test negative during the 14 days.**

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What to do if...	Action needed	Back to school
NHS Test and Trace has identified my child as a 'close contact' of somebody with symptoms* or confirmed COVID-19 (Coronavirus)	• 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 • Child shouldn't attend school	**When child has completed 14 days of self-isolation, even if they test negative during the 14 days**
We/my child has travelled and has to self-isolate as part of a period of quarantine	• Consider quarantine requirements and Foreign, Commonwealth & Development Office advice when booking travel • Provide information to school as per attendance policy **Returning from a destination where quarantine is needed:** • Whole household self-isolates for 14 days - even if they test negative during those 14 days • Child shouldn't attend school	**When the quarantine period of 14 days has been completed for the child, even if they test negative during those 14 days**
We have received advice from a medical / official source that my child must resume shielding	• Shielding is currently paused in the UK. If your child has received medical advice from their consultant that they should still isolate for their own safety, please inform the school so that arrangements can be made • Child shouldn't attend school	**When school / other agencies inform you that restrictions have been lifted and your child can return to school again**
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 tests positive	**When conditions are above, as matching your situation, are met**

* Symptoms include at least one of a high temperature; a new continous cough; a loss of or change to your sense of smell or taste.

See more at: www.nhs.uk/conditions/coronavirus-covid-19/symptoms