

What do I do if my child is feeling unwell?

Would you have kept them off school before COVID-19?

YES

Keep your child off school as normal until they feel well enough to return.
If they have one or more of the symptoms listed below you must follow the guidance.

NO

Your child may not be feeling particularly unwell but if they have one or more of the symptoms listed below you must still follow the guidance.

Is your child displaying **one or more** of the following symptoms:

- A high temperature (feeling hot to touch on chest or back)
- A new, continuous cough (coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours)
- A loss or change to their taste or smell

YES

These are the main symptoms of coronavirus (Covid-19)
You **MUST** get a test as soon as possible to check if you have the virus

To arrange a test, go to
www.nhs.uk/conditions/coronavirus-covid-19

Select the track and testing option
OR, visit www.gov.uk/get-coronavirus-test

To order a test in your home.
Call 119 if you do not have online access

Anyone with a positive test must self-isolate for 10 days and the household must self-isolate for 14 days from the first day of symptoms.

You cannot leave the house for any reason apart from being tested.

If the results are negative you can resume normal activities

You must self-isolate until the results come back

NO

Does your child have an under-lying critical condition such as cystic fibrosis?

YES

Speak to your child's specialist team for individual advice.

NO

Children who are otherwise well with:

- Runny noses
- Sore throats (without a fever)
- MILD colds

...can come to school when feeling well enough.