

What to do if your child develops symptoms of COVID 19 – Sept 2020

If your child develops symptoms of COVID-19, **you should organise for your child to be tested** via the NHS online portal or by calling 119. Your household should isolate until you receive the test results giving the all clear. A positive result means that you will need to isolate all family members for 14 days from the onset of symptoms and the infected person for 10 days from the onset of symptoms, or longer if you still have a temperature.

Symptoms of COVID 19

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough and/or
- high temperature and/or
- a loss of, or change in, normal sense of taste or smell (anosmia)

For most people, coronavirus (COVID-19) will be a mild illness.

How to stop COVID-19 spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with COVID-19

Do:

- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands as soon as you get home
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards

Flu vaccination

You and your family should consider the flu vaccination, especially if you are in a risk group. You can find out about risk groups and whether you are eligible for a flu vaccine at the NHS Flu vaccine overview. Staff in schools are eligible to have the flu vaccine but there may be a small charge.

Further Information

Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>