

## **Coronavirus factsheet from PHE – to be read in conjunction with isolation letter**

### **What to do if your child develops symptoms of COVID-19**

If your child develops symptoms of COVID-19, they must not come to school and should remain at home for at least **10 days** from when their symptoms appeared. Anyone with symptoms is eligible for testing – please arrange at <https://www.nhs.uk/ask-for-a-coronavirus-test> or call 119. We would be grateful if you will send a copy of the results to [office@st-margarets.staffs.sch.uk](mailto:office@st-margarets.staffs.sch.uk).

All other household members who remain well, must stay at home and not leave the house for 14 days. This includes anyone in your 'Support Bubble'.

Further information: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

The 14-day period starts from the day when the first person in the house became ill.

Household members should not go to work, school or public areas. Exercise should be taken within the home. Household members staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community.

If you require help with buying groceries, other shopping or picking up medication, or walking a dog, you should ask friends or family. Alternatively, you can order your shopping online and medication by phone or online.

If you are able, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period.

### **Symptoms**

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

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

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

If your child does develop symptoms, you can seek advice from the nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>. If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> or by phoning 111.

### **How to stop COVID-19 spreading and reduce the risk of family/friends getting ill**

*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

**Further Information:** <https://www.nhs.uk/conditions/coronavirus-covid-19/>