



# COVID-19

## Advice for parents

Schools are back and the winter season is ahead of us. Every year, schoolchildren get colds, flu and other infections. This time, coronavirus (COVID-19) is with us. Here is a guide on what **symptoms** to look out for, **what to do** if your child is unwell, when to keep your **child at home** and when to **phone your GP**.

**Do not send your child to school if any of the following is true.**

### Your child has:

- A temperature of **38 degrees Celsius** or more
- Any other common symptoms of coronavirus such as a **new cough, loss or changed sense of taste or smell, or shortness of breath**
  - Your child is **feeling poorly** and has been in contact with one or more **positive covid case**.

### You will need to:

1. **Isolate your child**. This means keeping them at home and completely avoiding contact with other people, as much as possible. Your child should only leave your home to have a test or to see your GP.
2. **Phone your GP**. They will advise you if your child needs a coronavirus test.
3. **Everyone** that your child lives with **should also restrict their movements**, at least until your child gets a diagnosis from their GP or a coronavirus test result.

4. **Treat your child at home for their symptoms.**

## When it's okay to send your child to school or childcare

It's usually okay to send your child to school or childcare if they:

- Only have nasal symptoms, such as a **runny nose** or a **sneeze**
- **Do not have a temperature** of 38 degrees Celsius or more (as long as their temperature has not been lowered by taking any form of paracetamol or ibuprofen)
- **Do not have a cough**
- **Have not been in close contact** with anyone who has coronavirus
- **Have been told by a GP** that their illness is caused by something else, **that is not coronavirus**.

## Preventing the spread of Covid – 19

- Wash hands regularly
- Use tissues or elbows to cover coughs and sneezes
- Keep rooms well ventilated
- Wear a mask when in crowded areas
- Keep a 2m distance from people who are sneezing or coughing
- Don't share toys
- Don't share food at lunch or other times