

COMMS FOR PARENTS

<p>The three main symptoms of Covid-19 are still:</p> <ul style="list-style-type: none">• Fever (37.8 C or above)• Cough• Change or loss of sense of taste or smell	<p>If you, or anyone in your household, develops ONE OR MORE OF THE <u>THREE MAIN SYMPTOMS</u></p> <p>Then please</p> <ul style="list-style-type: none">• Book a PCR test: https://www.nhs.uk/ask-for-a-coronavirus-test or 'phone 119.• Isolate your whole household for 10 days from the date the symptoms started.• Do not visit a GP surgery, pharmacy or hospital. If you need medical advice please contact NHS 111 or 'phone your GP; if there's a medical emergency 'phone 999.• Follow the advice provided when you receive your test result.• If you have a negative PCR test result but still feel unwell, stay at home until you feel better. If your test is negative, your household can come out of isolation.• If you get any of the three symptoms again you may need to get tested again.• If your test is positive, you will receive further advice.
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<p>The new wider symptoms of Covid-19 are:</p> <ul style="list-style-type: none">✓ Feeling unusually tired✓ General 'flu-like aches and pains (myalgia)✓ Sore throat and / or hoarseness✓ Shortness of breath or wheezing✓ Persistent headache✓ Runny or blocked nose✓ Feeling sick (nausea), vomiting or diarrhoea	<p>If you, or anyone in your household, develops ONE OR MORE OF THE <u>WIDER SYMPTOMS</u> (but not one of the three main symptoms)</p> <p>Then please</p> <ul style="list-style-type: none">• Book a PCR test: https://www.nhs.uk/ask-for-a-coronavirus-test and select 'get a free PCR test', then select 'My local council or health protection team has asked me to get a test, even though I do not have symptoms' or 'phone 119.• If you have one or more of the wider symptoms BUT NOT ONE OF THE THREE MAIN SYMPTOMS then neither the person taking the test, nor anyone in their household, needs to isolate and can go to school or work as usual while waiting for their test results.• However, households must isolate if anyone develops any of the 3 main COVID-19 symptoms while waiting for a test result, taken because of wider symptoms to come back.• If the test result is positive, then the person will need to go home straight away and the household will need to isolate for 10 days from the date of the positive swab.• Children and adults with diarrhoea and / or vomiting should remain off work or school until they are symptom free for 48 hours, even if their Covid-19 test is negative.
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------