



What to do if You or Your Child has Coronavirus Symptoms

If you have any of the main symptoms of COVID-19, get a test as soon as possible. Stay at home until you get the result.

The main symptoms of COVID-19 are:

- **a high temperature** – this means you feel hot to touch on your chest or back (over 38° if you are using a thermometer)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least one of these symptoms.

What to do if you have Symptoms

If you have any of the main symptoms of COVID-19:

1. Get a test to check if you have coronavirus as soon as possible. You can call **119** or visit the following website to book a test: <https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name>
2. Stay at home and do not have visitors until you get your test result. Only leave your home to have a test.
3. Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result. There is no need for the household to have a test, unless members are also symptomatic.

Urgent Advice: Call 119 Coronavirus Service if:

- you're worried about your symptoms
- you're not sure what to do

The Results

- A negative result means that you can stop self-isolating and your child can return to school.
- **If the result is positive, every staff member and pupil in your child's school bubble will immediately be asked to self-isolate for 14 days.**
- **Anyone you live with must also self-isolate for 14 days.**

111.nhs.uk/covid-19/
nhs.uk/coronavirus