# SYMPTOM CHECKER
## WHEN TO KEEP YOUR CHILD OFF SCHOOL

**If your child is showing mild cold symptoms would you have kept them off school with these symptoms before Covid?**

**YES**

**NO**

**KEEP YOUR CHILD AT HOME THEN CHECK...**

**YES**

**DO THEY HAVE ANY OF THE FOLLOWING:**

1. **A high temperature**

2. **A new, continuous cough** – This means coughing a lot, for more than an hour, or 3 or more coughing episodes in 24 hours

3. **A loss or change to sense of smell or taste** – this means they cannot smell or taste anything, or things smell or taste different to normal

**NO**

**YOUR CHILD SHOULD NOT GO TO SCHOOL. KEEP THEM AT HOME AND BOOK THEM A TEST**

Call **119** or go to the **www.gov.uk/coronavirus** website to arrange an appointment at a testing centre or order a home testing kit.

Your child and your household must self isolate until you have the result of this test.

Does your child have an underlying chronic health condition such as cystic fibrosis?

**YES**

**NO**

**POSITIVE**
If your child's test is positive they will need to continue to isolate for 10 days, the rest of the household and any support bubble will need to isolate for 14 days and if they develop symptoms they will need to book a test.

If you haven't already had contact with your child's specialist team about testing criteria, give them a call for further guidance.

Children who are otherwise well with:

- Runny noses
- Sore throats without a fever
- Mild colds

**CAN GO TO SCHOOL AS USUAL**

After 10 days, your child may return to school if they do not have symptoms other than cough or change to sense of smell or taste (as these symptoms can last for weeks after the infection has gone). If your child still has a temperature after 10 days or feels unwell, they should continue to isolate until the symptoms have gone (and for 48 hrs after the end of any sickness or diarrhoea).

**NEGATIVE**
If your child's test is negative and everyone else who has symptoms in your house tests negative the child can then return to school if they feel well enough.

**PROTECT OURSELVES.
PROTECT OTHERS.
PROTECT NORFOLK.**