



## What to do if your child is displaying symptoms of coronavirus (COVID-19)

One or more COVID-19 Symptoms:

- A new, continuous cough
- A high temperature
- Loss of, or change in, their normal sense of taste or smell

### Action list

1. If your child or a member of your household develops any of these symptoms, the entire household should immediately self-isolate. This means staying at home, even if the symptoms are mild. To protect others, you must not attend school, nursery, other childcare settings, work, or go to or to places like a GP surgery, pharmacy or hospital.
2. If your child develops symptoms at school then the school will contact you. You must collect any siblings from their school and then the child with symptoms.
3. If your child is unwell but you are not sure if they need a test, contact <https://111.wales.nhs.uk/> or call 111 for clinical advice.
4. Apply for a Coronavirus test at <https://gov.wales/apply-coronavirus-covid-19-test> or call 119. You should book a test for the individual with the symptoms. It is unnecessary to test the entire household if they are not symptomatic.
5. Anyone with symptoms must self-isolate for 10 days from when their symptoms started. They can return to school after 10 days if they are well enough to do so. If your child does not have any COVID-19 symptoms but does:
  - Feel unwell with a temperature of less than 38C
  - Vomit or has diarrhoea
  - Have a loss of appetite
  - Have a rash
  - Have fatigue / aches
  - Or have any other general illness or is feeling unwellThen you are advised to monitor your child closely. If appropriate, do not attend school but keep them informed in the usual way.
6. Anyone in the household who does not have symptoms must self-isolate for 14 days from when the first person in the home started having symptoms.
7. If your child has a negative test, self-isolation can end for everyone, children may

return to school and parents can return to work if they are well enough to do so and as long as nobody else in the household has developed symptoms. When your child returns to school provide proof of their result.

8. If your child gets a positive test you will be contacted by the Test, Trace, Protect Team who will advise you further.
9. If your child seems very unwell, is getting worse or you think there's something seriously wrong, call 999. Do not visit your GP, pharmacy or hospital, except in an emergency.
10. For non-household contacts, if a person has been in contact with an individual experiencing symptoms, they should carry on as normal until that individual receives their test result. If this is positive, the Test, Trace, Protect Team will contact those people identified as contacts and advise accordingly.

***This document has been created in line with guidance from Hywel Dda University Health Board on 11.09.2020***