

## **What to do if my child is unwell?**

We are aware that some parents are unsure about whether to send their child in when they are feeling unwell. As cough and cold season is upon us, we are not surprised to see many children with sore throats, runny noses and mild, tickly coughs. If your child is displaying these symptoms, they are fine to be in school, as long as they feel well enough to attend.

**To clarify, the symptoms linked to Covid 19 are:**

- **A new, continuous cough- this means coughing a lot, for more than an hour, or 3 or more coughing episodes in 24 hours**
  - **A high temperature**
- **A loss or change in sense of taste and smell (anosmia)- – this means they cannot smell or taste anything, or things smell or taste different to normal**

If your child displays one of more of these symptoms, they should not be sent to school. You must notify the school asap and follow the rules set out by Public Health England.

Please get advice from NHS 111 if you're worried about your child or not sure what to do.

- For children aged 5 or over – use the NHS 111 online coronavirus service.
- For children under 5 – call 111.

For more guidance, please visit

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/coronavirus-in-children/>