

# COVID-19 WHAT TO DO IF YOUR CHILD OR HOUSEHOLD MEMBER IS UNWELL

If your child is unwell with a cold, sore throat etc., keep them at home until fully recovered. Give plenty of fluids and rest and observe for worsening symptoms.

Is your child showing COVID 19 symptoms?

Is a member of your household showing COVID 19 symptoms?

## COVID-19 Symptoms

- High temperature
- New continuous cough
- Lost taste or sense of smell

Any Child or Adult displaying the above symptoms **MUST** get a COVID-19 Test  
Call NHS 111 to arrange  
Inform school [covid-19@stjohns.excalibur.org.uk](mailto:covid-19@stjohns.excalibur.org.uk)

**ALL MEMBERS OF THE HOUSEHOLD STAY AT HOME AND SELF-ISOLATE FOR 10 DAYS**

**POSITIVE Result**

**NEGATIVE Result**

- Inform school [covid-19@stjohns.excalibur.org.uk](mailto:covid-19@stjohns.excalibur.org.uk)
- The person who has tested positive **MUST** stay at home for at least 10 days and until the temperature has gone back to normal.
- The other members of the household must continue to isolate for 10 days. If they develop COVID-19 symptoms – Call 111, Get tested and self-isolate
- Engage with the NHS Test and Track service

- Inform school [covid19@stjohns.excalibur.org.uk](mailto:covid19@stjohns.excalibur.org.uk)
- If your child is well, they can return to school.
- Members of the household do not need to self-isolate further

- If any person/s is contacted by NHS Test and Track, they **MUST** self-isolate for 10 or days as instructed.
- Any members of that household, who have not been instructed to self-isolate by NHS Test and Track can attend work or school unless COVID-19 symptoms develop.
- If symptoms develop, call 111, get tested and self-isolate