








# Common Cold or Coronavirus?

## Symptom Checker and Decision Maker

<p><b>What are you seeing?</b></p>	<p>Sore Throat </p> <p>Blocked Nose </p> <p>Runny Nose </p> <p>Headache </p>	<p>New continuous cough (Coughing <u>a lot</u> for more than an hour OR 3 or more coughing fits in 24 hours) </p> <p>Fever / High Temperature (38°C or higher) </p> <p>Loss or change in their sense of smell or taste </p>
<p><b>What the NHS says about this:</b></p>	<p>This is a cold.</p>	<p>This might be coronavirus.</p>
<p><b>What you should do:</b></p>	<p>Your child can still attend school - as long as the symptoms are mild.</p>	<p>Children should stay at home, isolate for at least 10 days and have a free NHS test.</p> <p>Other members of the household should also self-isolate for 14 days.</p> <p>You shouldn't leave home apart from when you go to get your test and shouldn't have any visitors.</p>



### **General reminder!**

*Children should be encouraged to use tissues for coughs and sneezes, throw tissues away as soon as they have been used and wash their hands regularly.*