

# A PARENT'S GUIDE TO COVID-19



## What are the main **symptoms** of Covid-19?



**High temperature**



**Continuous dry cough**



**Change/loss of taste and/or smell**

Other symptoms are: **tiredness** | **headaches** | **sore throat** | **loss of appetite**

### If **YOU** develop symptoms

- **Stay home and self-isolate** for ten days from the start of the symptoms.
- **ALL** household members must self-isolate for 14 days - **DO NOT** send your child to school.
- Book a test as soon as possible - dial 119 or book online.
- **PLEASE** inform the school by calling 020 8344 2100.

### If **YOUR CHILD** develops symptoms

- **Your child must stay home and self-isolate** for ten days from the start of the symptoms.
- **ALL** household members must self-isolate for 14 days.
- Book a test as soon as possible - dial 119 or book online.
- **PLEASE** inform the school by calling 020 8344 2100.

**INFORM THE SCHOOL IMMEDIATELY IF YOUR CHILD HAS TESTED POSITIVE**

## What does **self-isolation** mean?

You **must not** leave your house for any reason.

This applies to **all members** of your household.

**Minimise contact** with other household members.

**DO NOT** send your child to school for any reason.

**REMEMBER:** **Hands** **Face** **Space**