


# Common illnesses: A quick guide for parents / carers



What to do if...	Action needed	Back to school...
<p><b>...my child has COVID 19 (coronavirus) Symptoms</b></p> <p>a high temperature or hot to the touch on chest or back; going from hot to cold and shivery; a <b>new</b> continuous cough; a loss of or change to your sense of smell or taste..</p> 	<ul style="list-style-type: none"> <li>Child <b>shouldn't</b> attend school</li> <li>Inform school of absence</li> <li>Child <b>should</b> get a <b>test</b></li> <li>Whole household self-isolates while waiting for test result</li> <li><b>Inform school immediately</b> about test results</li> </ul>	<p><b>...when child's test comes back negative and they do not have a temperature</b></p>
<p><b>...my child has cold symptoms but is otherwise well</b></p> <p>A blocked or runny nose, a sore throat, mild aches, sneezing or occasional coughing</p>	<ul style="list-style-type: none"> <li>Child <b>should</b> attend school</li> <li>Wash hands regularly</li> <li>Cough or sneeze into the elbow</li> <li>Place used tissues into a bin</li> <li>Keep socially distanced where possible</li> </ul>	
<p><b>...my child has cold symptoms but is unwell</b></p> <p>A blocked or runny nose, a sore throat, sneezing, or occasional coughing with additional effects eg. headaches, more severe muscle aches, tiredness, dozing off, loss of appetite, complaining a room is too bright or too loud</p>	<ul style="list-style-type: none"> <li>Child <b>shouldn't</b> attend school.</li> <li>Inform school of absence</li> <li>Give your child plenty to drink.</li> <li>Ensure your child has plenty of rest.</li> <li>Wash hands regularly</li> <li>Cough or sneeze into the elbow</li> <li>Place used tissues into a bin</li> <li>Keep socially distanced where possible</li> <li>Do not request a learning pack</li> </ul>	<p><b>...when your child only has regular cold symptoms</b></p>
<p><b>...my child has sickness and/or diarrhoea</b></p>	<ul style="list-style-type: none"> <li>Child <b>shouldn't</b> attend school</li> <li>Inform school of absence</li> <li>Wash hands regularly</li> <li>Give your child plenty to drink.</li> <li>Ensure your child has plenty of rest.</li> <li>Do not request a learning pack</li> </ul>	<p><b>When they have been free of symptoms for 48 hours (the '48 hour rule') and feel well.</b></p>

For further information:

<https://www.nhs.uk/conditions/common-cold/>  
<https://www.nhs.uk/conditions/diarrhoea-and-vomiting/>

