



Spire Federation

Digby Church of England School
Dunston St Peter's Church of England School
Nocton Community Primary School

Friday 10th September 2020

The main symptoms of **coronavirus** are:

- **a high temperature** – a child's normal temperature is around 36.4 for adults it is slightly higher at around 37. A high temperature is over 38.
- **a new, continuous cough** – this means coughing a lot for more than an hour, or three or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

How is a **cold** different?

When you have a **cold**, the symptoms are generally milder and can include any of the following:

- Runny or stuffy nose
- Cough (mild)
- Fatigue (sometimes)
- Sneezing
- Watery eyes
- Sore throat
- Headaches (rarely)
- Aches and pains

The average cold will last between seven and 10 days, and the majority of symptoms are not caused by the infection itself, but the body's immune system in trying to get rid of it.

Your child does not need to stay at home if they have a cold unless they feel too unwell to attend.

How can you tell if it's the **flu**?

Symptoms of the **flu** are similar to Covid-19 and so, a test is recommended to confirm. People who have the flu will typically experience symptoms within one to four days, whereas the symptoms for Covid-19 can take up to 14 days to develop.

Seasonal **flu** generally spreads quickly and is a common respiratory infection, caused by a virus that affects your nose, throat and lungs. It typically lasts between five and seven days, and common symptoms include:

- Fever and/or chills
- Cough (usually dry)
- Fatigue
- Aches and pains
- Runny or stuffy nose (sometimes)
- Sore throat (sometimes)
- Diarrhoea (sometimes in children)

Most people do not need medical treatment for the **flu**, and are advised to stay at home, get plenty of rest, keep hydrated and take ibuprofen to reduce any fever.

What is the current guidance on **isolating** if you, or anyone in your house, have Covid-19 symptoms?

- The person with symptoms should take a test as soon as possible by going on the NHS website or ringing 119.
- Everyone in the household should stay at home and not meet with anyone else until the results are confirmed. This includes going to shops etc.
- If the test is negative, everyone can carry on as normal.
- If the test is positive, the person with Covid-19 should isolate for 10 days. Everyone else in the house should isolate for 14 days if they have no symptoms. If they develop symptoms, they should get a test too and then isolate for 10 days from when the symptoms started.