

Cold vs COVID advice for parents

Recognising Coronavirus (COVID-19) Symptoms



Symptoms	Covid-19 Symptoms range from mild to severe	Flu Rapid onset of symptoms	Cold Gradual onset of symptoms
Fever (37.8C or above)	Common	Common	Rare
Fatigue	Sometimes	Common	Sometimes
Cough	Common (usually dry)	Common (usually dry)	Mild
Sneezing	No	No	Common
Aches and pains	Sometimes	Common	Common
Runny or stuffy nose	Rare	Sometimes	Common
Sore throat	Sometimes	Sometimes	Common
Diarrhea	Rare	Sometimes (for children)	No
Headaches	Sometimes	Common	Rare
Shortness of breath	Sometimes	No	No
Loss of taste or smell	Common	No	Sometimes

Common symptoms are highlighted in green as a comparison.

Know Your Symptoms



Covid-19

- High temperature
- Dry cough
- Loss of taste or smell

Cold

- Sneezing
- Aches and pains
- Running or stuffy nose
- Sore throat

Flu

- High temperature
- Fatigue
- Dry cough
- Aches and pains
- Headache

Allergies

- Sneezing
- Coughing
- Itchy eyes
- Running or stuffy nose

These are the most common symptoms. For more information visit:
www.nhs.uk/conditions/coronavirus-covid-19/symptoms



There is also a GP video you can watch [HERE](#)

Coronavirus (COVID-19)

A guide for parents / carers



What to do if...	Action needed	Back to school
My child has COVID-19 (Coronavirus) symptoms*	<ul style="list-style-type: none"> • Child should get a test • Whole household self-isolates while waiting for test result • Child shouldn't attend school • Inform school immediately about test results 	<p>When a child's test comes back negative and symptom free for 48 hours.</p>
My child tests positive for COVID-19 (Coronavirus)	<ul style="list-style-type: none"> • Child self-isolates for at least 10 days from when symptoms* started (or from day of test if no symptoms) • Rest of household self-isolates for 14 days from day when symptoms* started (or from day of test if no symptoms) - <i>even if someone tests negative during those 14 days</i> • Child shouldn't attend school • Inform school immediately about test results 	<p>Child can return to school after 10 days if they feel better and have been without a fever for at least 48 hours.</p> <p>A cough or loss of smell / taste can last for several weeks once the infection is gone.</p>
Somebody in my house has COVID-19 (Coronavirus) symptoms*	<ul style="list-style-type: none"> • Household member with symptoms should get a test • Whole household self-isolates while waiting for test result • Child shouldn't attend school • Inform school immediately about test results 	<p>When household member test is negative, and child does not have COVID-19 (Coronavirus) symptoms*.</p>
Somebody in my household has tested positive for COVID-19 (Coronavirus)	<ul style="list-style-type: none"> • Whole household self-isolates for 14 days from day when symptoms* started (or from day of test if no symptoms) - <i>even if someone tests negative during those 14 days</i> • Child shouldn't attend school 	<p>When child has completed 14 days of self-isolation, even if they test negative during the 14 days.</p>

What to do if...	Action needed	Back to school
<p>NHS Test and Trace has identified my child as a 'close contact' of somebody with symptoms* or confirmed COVID-19 (Coronavirus)</p>	<ul style="list-style-type: none"> • Child self-isolates for 14 days (As advised by NHS Test and Trace) - even if they test negative during those 14 days • Rest of household does not need to self-isolate, unless they are a 'close contact' too • Child shouldn't attend school 	<p>When child has completed 14 days of self-isolation, even if they test negative during the 14 days</p>
<p>We/my child has travelled and has to self-isolate as part of a period of quarantine</p>	<ul style="list-style-type: none"> • Consider quarantine requirements and Foreign, Commonwealth & Development Office advice when booking travel • Provide information to school as per attendance policy <p>Returning from a destination where quarantine is needed:</p> <ul style="list-style-type: none"> • Whole household self-isolates for 14 days - even if they test negative during those 14 days • Child shouldn't attend school 	<p>When the quarantine period of 14 days has been completed for the child, even if they test negative during those 14 days</p>
<p>We have received advice from a medical / official source that my child must resume shielding</p>	<ul style="list-style-type: none"> • Shielding is currently paused in the UK. If your child has received medical advice from their consultant that they should still isolate for their own safety, please inform the school so that arrangements can be made • Child shouldn't attend school 	<p>When school / other agencies inform you that restrictions have been lifted and your child can return to school again</p>
<p>I am not sure who should get a test for COVID-19 (Coronavirus)</p>	<ul style="list-style-type: none"> • Only people with symptoms* need to get a test • People without symptoms are not advised to get a test, even if they are a 'close contact' of someone who tests positive 	<p>When conditions are above, as matching your situation, are met</p>

* Symptoms include at least one of a high temperature; a new continuous cough; a loss of or change to your sense of smell or taste.

See more at: www.nhs.uk/conditions/coronavirus-covid-19/symptoms

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