**Walter Infant School and Nursery**



**Coronavirus (COVID-19) Symptoms in Children**

**This is the most up to date information, received today 7th April 2022**

[**https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/coronavirus-in-children/?utm\_source=07%20April%202022%20C19&utm\_medium=Daily%20Email%20C19&utm\_campaign=DfE%20C19**](https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/coronavirus-in-children/?utm_source=07%20April%202022%20C19&utm_medium=Daily%20Email%20C19&utm_campaign=DfE%20C19)

* a high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature)
* a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
* a loss or change to your sense of smell or taste
* shortness of breath
* feeling tired or exhausted
* an aching body
* a headache
* a sore throat
* a blocked or runny nose
* loss of appetite
* diarrhoea
* feeling sick or being sick

**The symptoms are very similar to symptoms of other illnesses, such as colds and flu.**

**What to do if your child has symptoms**

Your child should try to stay at home and avoid contact with other people if they have symptoms of COVID-19 and they either:

* have a high temperature
* do not feel well enough to go to school, college or childcare, or do their normal activities

They can go back to school, college or childcare when they feel better or do not have a high temperature.

If your child has mild symptoms such as a runny nose, sore throat or mild cough, and they feel well enough, they can go to school, college or childcare.

Encourage your child to cover their mouth and nose with a tissue when they cough or sneeze, and to wash their hands after using or throwing away tissues.

Most children who are unwell will recover in a few days with rest and plenty of fluids.

There is [guidance for people with COVID-19 symptoms and other respiratory infections on GOV.UK](https://www.gov.uk/guidance/people-with-symptoms-of-a-respiratory-infection-including-covid-19).

Information:

There's more advice:

* for children aged 12 and over who are at highest risk of getting seriously ill from COVID-19 and are eligible for [COVID-19 treatments](https://www.nhs.uk/conditions/coronavirus-covid-19/self-care-and-treatments-for-coronavirus/treatments-for-coronavirus/)
* about [how to look after yourself at home if you have COVID-19 or symptoms of COVID-19](https://www.nhs.uk/conditions/coronavirus-covid-19/self-care-and-treatments-for-coronavirus/how-to-treat-symptoms-at-home/)

**Get help from NHS 111 if you're worried about your child or not sure what to do.**

* For children aged 5 or over – [get help from NHS 111 online](https://111.nhs.uk/).
* For children under 5 – call 111.

**What to do if your child seems very unwell**

Children and babies will still get illnesses that can make them very unwell quickly. It's important to get medical help if you need it.

**Urgent advice: Call 111 or your GP surgery if your child:**

* is under 3 months old and has a temperature of 38C or higher, or you think they have a fever
* is 3 to 6 months old and has a temperature of 39C or higher, or you think they have a fever
* has other signs of illness, such as a rash, as well as a high temperature (fever)
* has a high temperature that's lasted for 5 days or more
* does not want to eat, or is not their usual self and you're worried
* has a high temperature that does not come down with paracetamol
* is dehydrated – for example, nappies are not very wet, sunken eyes, and no tears when they're crying

