

# Common cold and COVID-19 symptoms

## Information for parents and carers

We know that these last few months have often been challenging, particularly for parents and carers.

Now that schools and nurseries have returned, we want to provide some advice if your child has symptoms of the common cold or similar bugs during this pandemic.

When children return to school after a prolonged break, it is common for colds and similar viral infections to circulate. In many cases, children will be well enough to attend school and continue their learning with little or no interruption to their education. In other cases, for instance where they have quite a heavy cold, they may need to take a day or two off to recover.

**This is not the case for children and young people with potential COVID-19 symptoms. They are required to self-isolate and seek a test through [www.nhsinform.scot](http://www.nhsinform.scot) or by calling 0800 028 2816.**

So that your child does not miss out on their education, it is important for parents and carers to know how COVID-19 symptoms differ from those of other infections that we normally see at this time of year.

### COVID-19 symptoms

It is important that all of us are vigilant for the symptoms of COVID-19 and understand what actions to take if someone develops them, either at school or at home.

The main symptoms of COVID-19 are:

- new continuous cough
- fever/high temperature
- loss of, or change in, sense of smell or taste

If your child develops any of these symptoms, they must self-isolate. You should book them a test as soon as possible. Visit [www.NHSinform.scot/test-andprotect](http://www.NHSinform.scot/test-andprotect) or call **0800 028 2816**.

### Only children with these symptoms need a test.

It is essential that people who have COVID-19 symptoms, or who share a household with someone who has symptoms, do not attend school, nursery or other childcare settings, and must self-isolate along with all members of their household.

If the test is negative, self-isolation can end for everyone.

If the test is positive, the Test and Protect team will give you further advice.

### Cold-like symptoms

If, however, your child does not have symptoms of COVID-19 but has other cold-like symptoms, such as a runny nose, they do not need to be tested and they do not need to self-isolate. Your child can go to school if fit to do so.

### Further information

For further advice, please visit the Parent Club website at [www.parentclub.scot](http://www.parentclub.scot) or [www.nhsinform.scot](http://www.nhsinform.scot).

**Working together to achieve the healthiest life possible for everyone in Ayrshire and Arran**

