

Current Guidance for Covid-19

If you, your child or anyone in your house has any of the following symptoms: -

- **A high temperature** – this 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 (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

The person with symptoms **MUST** get tested

You can book a test by phoning **119**

Or via this link: <https://www.nhs.uk/ask-for-a-coronavirus-test>

You will be given the option of having a kit posted to you or driving to a test site, the location of which will be shared during the phone call. The test involves swabbing your throat and inside your nostril which you do yourself. You will receive the test result via text message often within 24 hours

While you are waiting for the test result, your whole household must stay at home and self-isolate

CHILDREN SHOULD NOT ATTEND NURSERY

- If the person tested has a **NEGATIVE** result you can then you can carry on as usual
- If the person tested has a **POSITIVE** result then: -
 1. If it is you, you **MUST** stay at home until your symptoms have gone **AND**
 2. The rest of your household **MUST** stay at home for 14 days
- If it is someone else in your household who has tested **POSITIVE** then: -
 1. They must stay at home until their symptoms have gone **AND**
 2. You and anyone else in your household must stay at home for 14 days

Thank you for taking the time to read and refresh your understanding of the Guidance