

# Flu-like symptoms during the COVID-19 pandemic

## **Dear Parent/Carer,**

You have been asked to collect your child from school today because they have developed symptoms that could be linked with COVID-19.

We kindly request that you go directly home and phone the Helpline on 01481 756938 or 01481 756969 to get further advice. If necessary, your child may be referred for testing for COVID-19.

Your child must stay off school until their symptoms have resolved (and, if they were required to have a COVID-19 test the result was negative). If your child has, for example, a lingering cough, you should seek advice from a health practitioner before they return to school. This DOES NOT apply to diarrhoea and vomiting – in these cases your child must be symptom free for 48 hours before they return to school.

If your child is tested and you are looking after them, you are advised to isolate away from any member of your household who has not been fully vaccinated until the receipt of a negative result.

Please don't hesitate to contact your GP for further advice, or call 999 in case of an emergency, if your child's health is concerning you or if he/she develops other symptoms.



# Symptoms



Headache, sore throat & a runny nose\*



Headache (sinus pain, pain around eyes)



A fever



Loss of smell or taste



Aches and Pains (recent onset)



A new persistent cough



Tiredness (recent onset)



Sore throat



Conjunctivitis



Diarrhoea



A rash on skin, or discolouration of fingers or toes (call your GP today for clinical assessment)



Loss of speech or movement (call 999)



Difficulty breathing or shortness of breath (call 999)

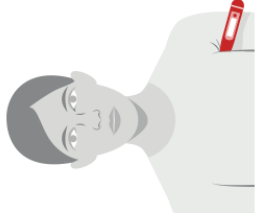


Chest pain or pressure (call 999)

\*Some younger people with the Delta Variant are presenting with headache, sore throat and a runny nose.

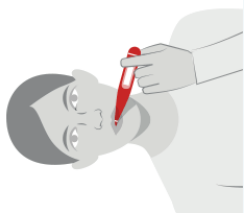
Children and over 80s - loose stool, mild fever, not themselves with a cough presenting later.

# How to take a body temperature



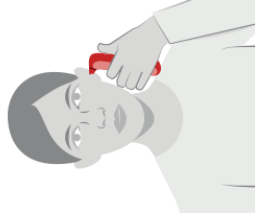
## Armpit:

- Place thermometer tip in centre of armpit
- Tuck your arm against your body for a minute
- Remove and check temperature



## Mouth:

- Place thermometer tip under your tongue
- Leave it in place for about one minute
- Remove and check temperature



## Ear:

- Gently tug on ear to straighten ear canal
- Insert digital ear thermometer into ear canal
- Squeeze and hold button for one second
- Remove and check temperature\*

\*Note reading may not be accurate if thermometer not correctly placed in the ear