

Children and young people aged 18 and under who have symptoms of a respiratory infection, including COVID-19

Respiratory infections are common in children, particularly during the winter months.

For most children and young people, these illnesses will not be serious. Very few become seriously unwell. This is also true for children and young people with long-term conditions. However, some children under 2 can become more seriously unwell from a **respiratory condition called RSV**. This includes those born prematurely or with a heart condition. Attending education is important for children and young people's development, health and well-being. The long-term impact of missing education should not be underestimated.

Children and young people with mild symptoms can continue to attend their education setting. Mild symptoms include a runny nose, sore throat, or slight cough, in children who are otherwise well.

They should be encouraged to cover their mouth and nose with a disposable tissue when coughing and/or sneezing. They should wash their hands after using or disposing of tissues.

Children and young people who are unwell and have a high temperature should stay at home. They should avoid contact with other people where they can. They can go back to their setting when they no longer have a high temperature and are well enough to attend.

It can be difficult to know when to seek help if your child is unwell. If you are worried about your child, especially if they are aged under 2 years old, then you should seek medical help.

Free COVID-19 tests are no longer available for most people and they should follow the above advice if they experience symptoms. However, for those people who can access free NHS tests or who choose to purchase tests privately, they should follow the below advice.

What to do if you test positive for COVID-19

Stay at home and avoid contact with other people

- Work from home if you can. If you cannot work from home, talk to your employer about your options.
- If you've been asked to attend a medical or dental appointment in person, let them know about your positive test result.
- You should let everyone in your household know about your positive COVID-19 test result. COVID-19 is infectious for up to 2 days before you begin to feel unwell, or the date of your test. Therefore, you should tell anyone you had close contact with during this time. This means they can be aware of signs or symptoms. You may wish to ask friends, family or neighbours to get food and other essentials for you.

Many people with COVID-19 will no longer be infectious after 5 days. You should therefore avoid contact with other people for at least 5 days after the day you took your test, or from the day your symptoms started (whichever was earlier).

Some people may be infectious for up to 10 days from the start of their infection. You should therefore try and avoid meeting **anyone who is at higher risk** of becoming seriously unwell for 10 days after you took your test or started to have symptoms.

If you are concerned about your symptoms, they are worsening, or you can no longer manage at home, seek medical advice by contacting your GP or **NHS 111**. In an emergency dial 999.