

## Responding to Symptoms

Symptoms of COVID-19, flu and common respiratory infections (as listed on gov.uk) include:

- continuous cough
- high temperature, fever or chills
- loss of, or change in, your normal sense of taste or smell
- shortness of breath
- unexplained tiredness, lack of energy
- muscle aches or pains that are not due to exercise
- not wanting to eat or not feeling hungry
- headache that is unusual or longer lasting than usual
- sore throat, stuffy or runny nose
- diarrhoea, feeling sick or being sick

Symptom	Response
High temperature	Stay at home
Slight cough, runny nose or sore throat	Children should attend school, if otherwise well, (unless they have positive LFD)
Feeling unwell, not able to work	Stay at home

Since 1<sup>st</sup> April 2022, there is clear new advice on responding to covid-19 LFD tests, if people choose to take them (there is no requirement or expectation to take LFD tests in connection with educational settings).

LFD Test	Response
Child has positive LFD but feels well	Self-isolation advised for 3 days
Adult has positive LFD but feels well	Self-isolation advised for 5 days
Child or adult feels unwell but has positive LFD	Stays at home for relevant isolation and any additional time to feel well again