

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 him/her, please be advised that you should remain in self-isolation together, away from the rest of your family, 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.



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

Symptoms

	Coronavirus	Flu	Cold		Coronavirus	Flu	Cold		
	Fever	Common	Common	Rare		Runny/stuffy nose	Rare	Sometimes	Common
	Cough	Common	Common	Mild		Sore throat	Sometimes	Sometimes	Common
	Loss of taste and smell	Sudden	Rare	Sometimes		Sneezing	No	No	Common
	Fatigue	Sometimes	Common	Sometimes		Shortness of breath	Sometimes	No	No
	Headaches	Sometimes	Common	Rare		Diarrhoea	Sometimes for children	Sometimes, especially for children	No
	Aches and pains	Sometimes	Common	Common					