

# A Cold or Coronavirus?

## When should I keep my child at home?

My child is feeling unwell with a runny nose, a sore throat, or is sneezing

but they don't have

- a high temperature  
(two readings over 37.8°C in a four hour period)
- a new, continuous cough  
(observed over a period of an hour)
- a loss of, or change in, sense of smell or taste

These are not normally symptoms of coronavirus

Seek advice from a pharmacy, dial 111 or see your GP

**Your child can attend school**

Consider giving them some paracetamol or ibuprofen to make them feel a bit better

My child has

- a high temperature  
(two readings over 37.8°C in a four hour period)
- a new, continuous cough  
(observed over a period of an hour)
- a loss of, or change in, sense of smell or taste

This could be a sign of coronavirus

**Do not send your child to school**

**Arrange a test**

**Everyone in your household must self-isolate**

**Children should only return to school once they have received a negative test result or 10 days after they first showed symptoms**

**If anybody else in your household has any of these symptoms, do not send your child to school**

Follow the PHE guidance

If your child displays any of the above symptoms whilst in school, you will be asked to collect your child.

You should then arrange a test and self-isolate according to the [PHE guidance](#)