

What to do if your child develops symptoms of COVID-19

For most people, especially children, COVID-19 will be a mild illness.

The most common symptoms of COVID-19 are:

- a new continuous cough and/or
- high temperature and/or
- a loss of, or change in, normal sense of taste or smell (anosmia)

If your child develops any of these symptoms of COVID-19, they must remain at home for at least 10 days from the date their symptoms first started. You need to arrange for them to have a PCR test for COVID-19.

To book a test, either call 119 or go to the NHS website at www.nhs.uk/ask-for-a-coronavirus-test

They must self-isolate until the test result is known. If positive they must self-isolate as advised by NHS Test and Trace. Your household must follow the 'Stay at Home' guidance at www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection

Support to Self-Isolate

If you need support with self-isolation Newcastle City Council's Welfare and Wellbeing Team may be able to help you. If you can, you should try to seek help from your friends, family and community first, or look online at www.newcastle.gov.uk for local support services. Where this is not possible, the Welfare and Wellbeing team can help.

Visit www.newcastle.gov.uk/welfare or call 0800 170 7001 (8am-8pm Monday to Friday, 9am-3pm Saturday) to get the support you need.

You may also be entitled to a Test and Trace Support Payment. Apply online at <https://newcastle.gov.uk/TestandTraceSupportPayments>

How to stop COVID-19 spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with COVID-19:

Remember; '**H**ands, '**F**ace, '**S**pace and '**L**et Fresh Air In':

- Wash your hands with soap and water often – do this for at least 20 seconds or use hand sanitiser gel if soap and water are not available.

- Wash your hands as soon as you get home.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.
- Put used tissues in the bin immediately and wash your hands afterwards.
- Try to stay apart from anyone you don't live with as much as possible.
- Use a face covering when you are indoors crowded places such as supermarkets and public transport
- If meeting others, try to do so outside as much as possible. If inside, open the window to let fresh air in

You, and anyone over the age of 11 years are encouraged to take part in twice weekly Lateral Flow Device (LFD) testing for COVID-19. This helps to identify those who do not have symptoms of the virus and helps prevent it spreading to others. You can get free LFD test kits from most pharmacies or by ringing 119 or online at <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

All those over the age of 16 can now get a COVID-19 vaccine. Please take up the offer of the vaccine. They are safe and effective. They give you the best protection against COVID-19. There are locations across the city where you can be vaccinated; for details go to www.newcastle.gov.uk/covidvaccine

Further information

Further information is available at www.nhs.uk/coronavirus

Thank you for your support. Your efforts do help to reduce the further spread of COVID-19 to others in the community.