

# Guidance Note for Parents of Children who are Self-Isolating

Children can get coronavirus (COVID-19), but they seem to get it less often than adults and it is usually less serious.

## Symptoms of Coronavirus in Children

The main symptoms of coronavirus are:

- a high temperature
- a new, continuous cough – this means coughing a lot, for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to sense of smell or taste – this means they cannot smell or taste anything, or things smell or taste different to normal

## What to do if your child has symptoms or has been asked to self-isolate by their school:

If your child has any of the main symptoms of coronavirus:

1. Get a test to check if they have coronavirus as soon as possible.

Tests can be accessed through the GOV .UK website. **Your GP is unable to order these tests for you.**

<https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name>

2. Stay at home and do not have visitors until you get the test result – only leave your home to have a test.

Get advice from NHS 111 if you're worried about your child or not sure what to do.

- For children aged 5 or over – use the [NHS 111 online coronavirus service](#).
- For children under 5 – call 111.

**For further information on when it may be appropriate to speak to your GP please follow this link:**

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/coronavirus-in-children/>