

## Is it a cold or COVID-19? - Advice on attending School

Following the return of schools after a prolonged break, it is common for colds and similar viral infections to circulate. In many cases, children will be well enough to attend school and continue their learning with little or no interruption to their education. In other cases, for instance where they have quite a heavy cold, they may need to take a day or two off to recover.

This is not the case for children and young people with potential COVID-19 symptoms, they are required to self-isolate and seek a test through [nhsinform.scot](https://nhsinform.scot) or by calling 0800 028 2816.

Please see below advice to help you decide and take appropriate action to ensure children do not miss out on their education unnecessarily but follow National Guidance to minimise the spread of COVID-19.

Is your child displaying COVID-19 symptoms?

### **'NHS Inform' states that**

*The most common symptoms are new:*

- *continuous cough*
- *fever/high temperature (37.8C or greater)*
- *loss of, or change in, sense of smell or taste (anosmia)*

*A new continuous cough is where you:*

- *have a new cough that's lasted for an hour*
- *have had 3 or more episodes of coughing in 24 hours*
- *are coughing more than usual*

*A high temperature is feeling hot to the touch on your chest or back (you don't need to measure your temperature). You may feel warm, cold or shivery.*

If you believe your child is displaying **any** of the above symptoms:

- **Do not attend School.**
- Please contact NHS to Book a COVID test through [nhsinform.scot](https://nhsinform.scot) or by calling 0800 028 2816
- Everyone in the household must self-isolate until test results are received.

### **COVID Test Results**

- **If result is positive** – infected person must self-isolate for 10 days from onset of symptoms. Everyone else in household must also self-isolate for 14 days.
- **If result is negative** - there is no need for anyone to self-isolate. Child can therefore return to school **provided they are well enough.**

If your child is not displaying **any** of the above symptoms

- No need for a COVID test
- No need for self-isolation
- Child can attend school as normal **if well enough to do so.**