

19th April 2022

Coronavirus (Covid-19) Symptoms in Children:

Children and young people aged 18 and under can get coronavirus (COVID-19), but it's usually a mild illness and most get better in a few days.

Symptoms of COVID-19 can include:

- a high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to measure your 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 your sense of smell or taste
- shortness of breath
- feeling tired or exhausted
- an aching body
- a headache
- a sore throat
- a blocked or runny nose
- loss of appetite
- diarrhoea
- feeling sick or being sick

The symptoms are very similar to symptoms of other illnesses, such as colds and flu.

What to do if your child has symptoms

Your child should try to stay at home and avoid contact with other people if they have symptoms of COVID-19 and they either:

- have a high temperature
- do not feel well enough to go to school, college or childcare, or do their normal activities

They can go back to school, college or childcare when they feel better or do not have a high temperature.

If your child has mild symptoms such as a runny nose, sore throat or mild cough, and they feel well enough, they can go to school, college or childcare.

Encourage your child to cover their mouth and nose with a tissue when they cough or sneeze, and to wash their hands after using or throwing away tissues.

Most children who are unwell will recover in a few days with rest and plenty of fluids.

If a child or young person has a positive COVID-19 test result they should try to stay at home and where possible avoid contact with other people for 3 days after the day, they took the test. The risk of passing the infection on to others is much lower after 3 days, if they feel well and do not have a high temperature. The school has the right to insist on this for the safety of others.

General Guidance for Pupils with Infectious Diseases:

Prompt exclusion (staying at home) of children, young people and staff who are unwell with an infectious disease is essential to preventing the spread of infection in education and childhood settings.

Children with mild, respiratory symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to attend their education or childcare setting.

Children who are unwell and showing [the symptoms of an infectious disease](#) or a diagnostic result should be advised to stay away from their education or childcare setting for the minimum period recommended. The following link provides further detail on the symptoms of different infections and recommended action: [Chapter 3: public health management of specific infectious diseases - GOV.UK \(www.gov.uk\)](#)

Staff or students who are close contacts of people who are unwell with an infectious disease or an infection do not usually need to be excluded from the setting. However, your [health protection team](#) (HPT) will advise you if there are specific precautions to be taken in response to managing a case or outbreak. They will contact you if this is required.

In most cases, parents and carers will agree that a child who is unwell and has symptoms of an infectious illness, such as a fever should not attend your setting, given the potential risk to others.

If a parent or carer insists on a child with symptoms attending your setting, where they have a confirmed or suspected case of an infectious illness, you can take the decision to refuse the child if, in your reasonable judgement, it is necessary to protect other children and staff from possible infection. For some infections, individuals may be advised to remain away from a setting for a longer period of time. This will be advised by your HPT.