



COVID-19 Procedures from April 2022 for Children

Prevention:

- 1) minimise contact with individuals who are unwell
- 2) clean hands thoroughly
- 3) ensure good respiratory hygiene by promoting the 'catch it, bin it, kill it' approach
- 4) ventilate used areas appropriately

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.

If a child has mild symptoms like a runny nose, sore throat or slight cough, they can still come to school.

If a child has a temperature or are unwell they should stay at home. They can return to school when they are well enough and don't have a temperature.

If a child tests positive for COVID-19, they should stay at home for 3 days after the day they took the test. Children can return to school after this period unless they have a high temperature.