Cold or COVID?

How can I tell if my child has a common cold or something more infectious?

After four weeks back at school, local children have done really well in adjusting to the measures in place in classrooms and corridors.

Parents will have grown familiar with the Government's COVID guidance, and the list of symptoms, but as we approach the cold season, parents may face a conundrum over whether their child has a common cold or coronavirus.

Cold	COVID-19
A blocked or runny nose **Muscle aches** **A sore throat** **Headaches** **Sneezing** **Pressure in your ears and face**	**A high temperature** you feel hot to touch on your chest or back **A new, continuous cough** coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual) **A loss of sense of taste or smell** you cannot smell or taste anything, or things smell or taste different to normal

If your child has any of the symptoms of a common cold, they should take on plenty of fluids and rest. In most cases, children with a common cold can still go to school.

If your child has any of the symptoms of COVID-19, they must self-isolate immediately for 10 days and get a test. Their school should be informed.

Members of their household bubble should self-isolate for 14 days and only arrange to get a test if they start to feel unwell and experience symptoms of COVID-19.

You should only arrange to get a COVID-19 test if you have the symptoms above. To arrange a test, visit **www.nhs.uk/coronavirus** or call **119**.

Visit **GOV.UK** for the latest information on COVID-19.