

What to do if you have COVID-19 symptoms or a positive test result

IF YOU HAVE SYMPTOMS OR HAVE RECEIVED A POSITIVE TEST RESULT
DO NOT COME INTO SCHOOL.

This information is taken from the Government guidance:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

Symptoms

The most important symptoms of coronavirus (COVID-19) are recent onset of any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

For most people, coronavirus (COVID-19) will be a mild illness. However, if you have any of the symptoms above **you must stay at home and arrange to have a test to see if you have COVID-19** – go to [testing](#) to arrange.

Main messages

If you have [symptoms](#) of COVID-19 however mild, **you must self-isolate for at least 10 days from when your symptoms started.** You should arrange to have a test to see if you have COVID-19 – go to [testing](#) to arrange. Do not go to a GP surgery, pharmacy or hospital.

If you are not experiencing symptoms but have tested positive for COVID-19 you also must self-isolate for at least 10 days, starting from the day the test was

taken. If you develop symptoms during this isolation period, you must restart your 10-day isolation from the day you develop symptoms

After 10 days, if you still have a temperature you should continue to self-isolate and seek medical advice. You do not need to self-isolate after 10 days if you only have a cough or loss of sense of smell or taste, as these symptoms can last for several weeks after the infection has gone.

If you live with others, all other household members must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the household became ill or if they do not have symptoms, from the day their test was taken. If anyone else in the household starts displaying symptoms, they must stay at home for at least 10 days from when their symptoms appear, regardless of what day they are on in their original 14-day isolation period.