



## Denton C.P. School Newsletter

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**Better Never Stops**

18<sup>th</sup> September 2020

### **NHS guidelines: coronavirus (COVID-19) symptoms**

Dear Parents & Carers,

Further to my letter regarding illness, here is current NHS guidance regarding coronavirus symptoms:

#### **The main symptoms of coronavirus are:**

- a high temperature – this 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 (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms.

#### **What to do if you have symptoms:**

If you have any of the main symptoms of coronavirus:

1. Get a test to check if you have coronavirus as soon as possible.
2. Stay at home and do not have visitors until you get your test result – only leave your home to have a test.

Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.

*Please inform the school office if you, your child or anyone you live with has symptoms.*

