

# Help prevent COVID-19

## For parents, carers and children in Croydon

### Key actions

- Know the symptoms
- Know when to self isolate
- Request a Test
- Inform school
- Share contacts

Kids can go to school, nursery, childminder as normal if they have:

- Runny noses
- Sore throats without a fever
- Mild colds

### The main COVID19 symptoms



new and continuous cough



high temperature

or



loss of, or change in, your normal sense of taste or smell (anosmia)

### Stop the spread of coronavirus



Wash your hands more often and for 20 seconds

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food



Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze and throw the tissue away straight away

### REMEMBER



Keep 2 metres away from other people when you are out of

- the house

- Walk or cycle to school if you can
- Wear face coverings when required
- Do not go out in more than groups of six



HANDS



FACE



SPACE

# Can I send my child to school?

The main COVID symptoms are, one or more of:

- Fever > 37.8 OR
- New continuous cough PR
- Loss of taste and / or smell

Children can go to school, nursery, childminder as normal if they have:

- Runny noses
- Sore throats without a fever
- Mild colds

