WHAT TO DO IF YOU HAVE SYMPTOMS?

Symptoms:
- a high temperature (>37.8)
- a new, continuous cough
- a loss or change to your sense of smell or taste

3 steps:
1. Symptoms and self-isolation
2. NHS will advice you
3. Stop isolating or apply Covid+ protocol

Self-isolation (10 days) & household isolation (14 days) + call 111 or 119 (NHS)

NHS is asking you **to get a test**

The test is **positive**

NHS **is NOT** asking you **to get a test**

The test is **negative**

Covid+ protocol is launched at CFBL and in your household

NHS Test & Trace will contact you

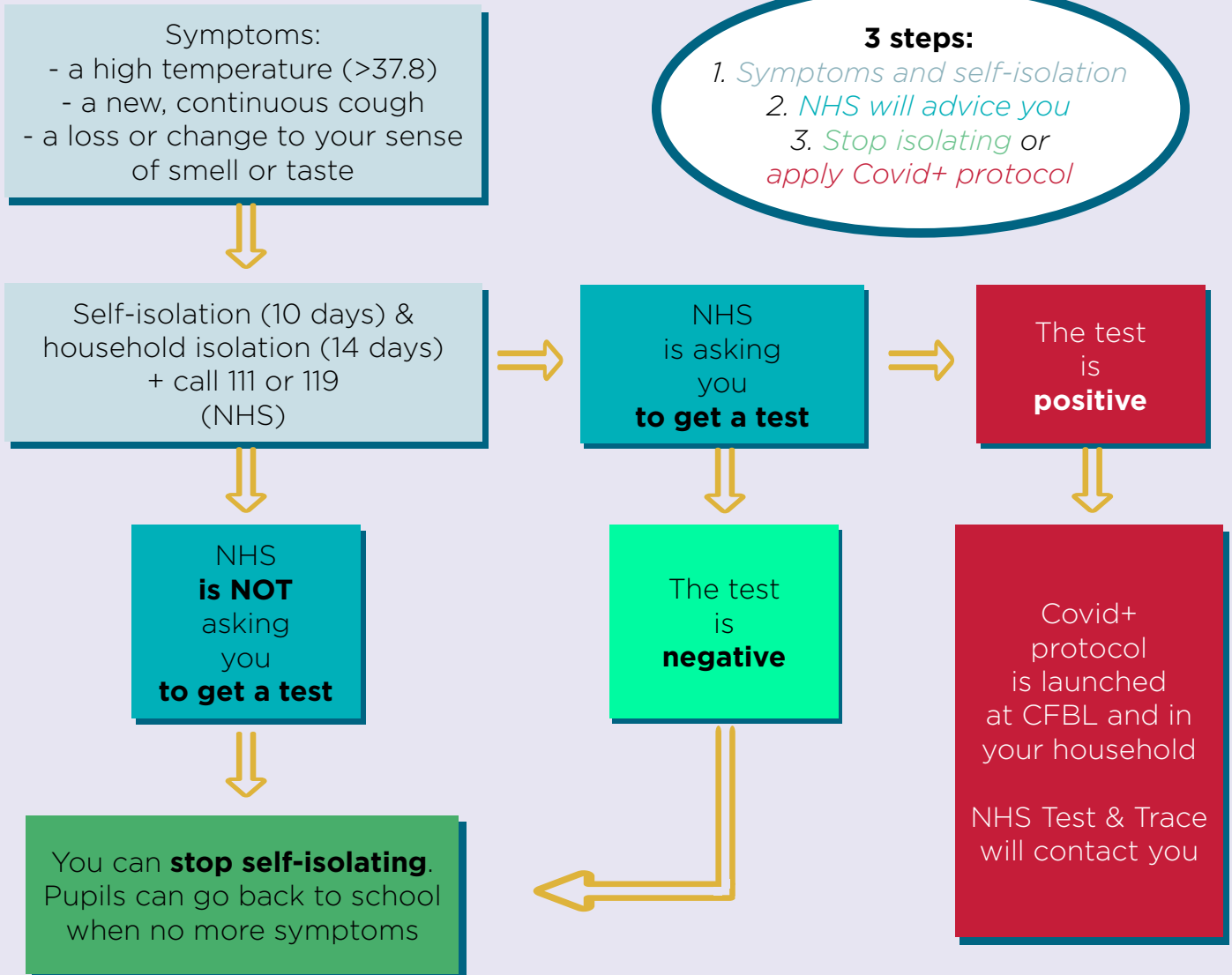You can **stop self-isolating**. Pupils can go back to school when no more symptoms

CORONAVIRUS PREVENTION TIPS

WEAR A MASK

WASH YOUR HANDS FREQUENTLY

COVER YOUR MOUTH WITH SLEEVE OR ELBOW WHEN COUGHING

DO NOT TOUCH YOUR EYES, NOSE OR MOUTH

AVOID CONTACT WITH SICK PEOPLE

CLEAN AND DISINFECT

COVID+ PROTOCOL

The test is **positive**

1 Contact CFBL.
CFBL will contact the Health Protection team.
They will work together case by case (*)

2 Self-isolate with your household for 10 days

3

If you keep coughing after 10 days	If you experience a loss or change to your sense of smell or taste	If you have diarrhoea or if you vomit

4

Isolate yourself	You can **stop self-isolating**. Pupils can go back to school	You can **stop self-isolating** 48 hrs after the end of the symptoms

* case by case: * Health Protection Team at Public Health England is working closely with schools to provide different documents adapted with different situations.

NHS

NHS Test and Trace