

# CAN MY CHILD GO TO TRAINING TODAY?



## DO THEY HAVE ANY COVID SYMPTOMS?

- 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



Yes



### SELF ISOLATE AND BOOK A COVID TEST

Book the test online or call 119

All members of the household should stay at home until the test result is known.\*

\*Visit [gov.uk](https://www.gov.uk) for advice on when to stop isolating and return to training after a positive or negative test.



No



## DO THEY HAVE DIARRHOEA OR VOMITING?



No



## DO THEY FEEL UNWELL?

It is important that parents keep children at home when they are unwell



No



### SEND TO TRAINING

So long as your child feels well, has not been told to self-isolate and there are no other household members with COVID symptoms, it is OK for them to attend training.



Yes



Yes



### KEEP AT HOME

- Remain away from training until they feel well enough to return. Seek medical help from a GP if needed (or 111 if your surgery is closed).
- Remain away from training until at least 48 hours after the last episode of diarrhoea or vomiting. A COVID test is not required for diarrhoea and vomiting without the other symptoms above.