

Help prevent COVID-19

For parents, carers and children in Croydon

NATIONAL RESTRICTIONS ARE IN PLACE 5 NOVEMBER - 2 DECEMBER

Visit www.gov.uk/coronavirus

SCHOOLS REMAIN OPEN



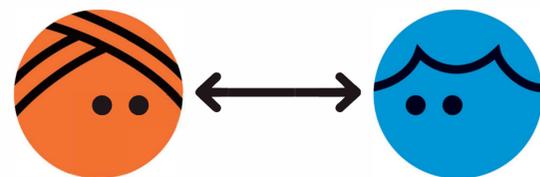
HANDS

Wash/sanitise your hands regularly



FACE

Wear a well-fitting face covering where required



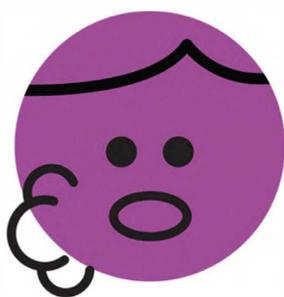
SPACE

Keep 2m away from people outside your household and support bubble

REMEMBER:

- Only socialise indoors with household members or your support bubble
- Walk or cycle to school, and do not car share

Symptoms of coronavirus



New, persistent cough



High temperature



Loss or change of taste or smell

Stop the spread of coronavirus

If you have:

- symptoms
- had a positive test
- been identified as a contact



Then you must:

- self-isolate
- book a test immediately

REMEMBER:

It is a legal duty to self-isolate if:

- You have tested positive for COVID-19
- You have been told to by NHS Test and Trace

If you do not self-isolate you could be fined –starting from £1,000 up to £10,000.

What should parents do?

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

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

The main COVID symptoms are:

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

Children need a COVID test if they have the main COVID symptoms but not if they have a runny nose, are sneezing, or feeling unwell

