

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

or



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 OR
- Loss of taste and / or smell

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- Sore throats without a fever
- Mild colds

