

# If you or your child has coronavirus symptoms

If you have any of the main symptoms of coronavirus (COVID-19), get a test as soon as possible. Stay at home until you get the result.

## Main symptoms

The main symptoms of coronavirus are:

- **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

Most people with coronavirus have at least 1 of these symptoms.

## What to do if you have symptoms

If you develop one or more of the main symptoms of coronavirus:

1. Get a test to check if you have coronavirus as soon as possible.
2. Stay at home and do not have visitors until you get your test result – only leave your home to have a test.
3. Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.

Anyone with symptoms can book a test online or over the telephone through 119 to get the certainty they need to protect themselves and those around them.

There is no need for the whole household to have a test, unless they are also symptomatic.

As schools across England return, pupils and students may feel unwell for example with a sore throat, stomach upset or a headache. These pupils don't need to book a test but may need to stay off school and seek medical advice through their GP or pharmacist as usual.