

COVID UPDATE

The NHS [COVID-19 symptoms in adults](#) and [symptoms in children](#) have been updated.

Adults and children who have **symptoms of a respiratory infection**, including COVID-19, should follow the [UKHSA guidance](#). Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people, where they can. **They can go back to school, college or childcare and resume normal activities when they no longer have a high temperature, and they are well enough to attend.**

It is not recommended that children and young people are tested for COVID-19 unless directed to by a health professional.

If a child or young person has a positive COVID-19 test result they should try to stay at home and avoid contact with other people for 3 days after the day they took the test, if they can. After 3 days, if they feel well and do not have a high temperature, the risk of passing the infection on to others is much lower. This is because children and young people tend to be infectious to other people for less time than adults.

Children and young people who usually go to school, college or childcare and who live with someone who has a positive COVID-19 test result should continue to attend as normal.