

## Coronavirus advice for Parents and Staff - Thursday 27<sup>th</sup> August 2020

Child or staff member develops COVID-19 symptoms. They self isolate immediately, **along with their household contacts.**

Access test for staff member / support parent to access test for a child.

Consider risk of transmission to other children/staff in the setting. Arrange for room/areas to be cleaned.

If test is negative, individual returns when symptom free

If test is positive, isolation period begins/continues.

### Latest advice on Shetland Testing

Anyone with symptoms of COVID-19 should access a test as soon as possible by completing the [online self-referral form \(also available at \[www.healthyshetland.com\]\(http://www.healthyshetland.com\)\)](#) or by contacting Public Health on 01595 532 030,(9:00 to 12:30 and 14:00 to 17:00 Mon to Fri) or emailing [shet-hb.ukgovcovid19testscheme@nhs.net](mailto:shet-hb.ukgovcovid19testscheme@nhs.net).

Filling in the form online is the easiest and quickest way to get a test organised.

## Symptoms of coronavirus

The most common symptoms are new:

- continuous cough
- fever/high temperature (37.8C or greater)
- loss of, or change in, sense of smell or taste (anosmia)

A new continuous cough is where you:

- have a new cough that's lasted for an hour
- have had 3 or more episodes of coughing in 24 hours
- are coughing more than usual

A high temperature is feeling hot to the touch on your chest or back (you don't need to measure your temperature). You may feel warm, cold or shivery.

Some people will have more serious symptoms, including pneumonia or difficulty breathing, which might require admission to hospital. [www.nhsinform.scot](http://www.nhsinform.scot)