

Help prevent COVID-19

For parents, carers and children in Croydon

Key actions

- Know the symptoms
- Self isolate
- Request a Test
- Inform school
- Share contacts



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
- Avoid large gatherings



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

COVID19 symptoms



new and continuous cough



high temperature



loss of, or change in, your normal sense of taste or smell (anosmia)

Stop the spread of coronavirus

If your child has symptoms of COVID19

- Keep them at home for 10 days
- Other household members to self isolate for 14 days
- Request a COVID-19 test immediately. www.nhs.uk/coronavirus or call 119.
- Keep your children's school/s informed

If your child has a positive COVID19 test

- Complete the 10-days isolation
- Other household members to isolate for 14 days
- Keep your children's school/s informed
- Share contacts with [NHS Test and Trace](#)

If [NHS Test and Trace](#) tells you that your child is 'a contact'

- Keep your child at home for 14 days
- Keep your child's school informed