

## Suspected Covid-19 Symptoms

1

### Suspected case of Covid-19:

- A new continuous cough
- A high temperature
- A loss of smell or taste

Do not visit your GP, pharmacy or hospital. Check your symptoms  
<https://111.nhs.uk/covid-19/>

2

### Start Isolating:

- You for 10 days from onset of symptoms
- Household and contacts dependant on vaccination status

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

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### Book a PCR test:

- NHS.uk/coronavirus
- Or call 119

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>

Inform school that you have booked a test.

4a

### Negative PCR result for Covid-19

- You stop isolating if you feel well
- Household and contact can stop isolating immediately

4b

### Positive PCR result for Covid-19

- Continue to self-isolate
- Share contacts with NHS Test and Trace

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Inform school of result as soon as possible by sending a copy of the text or email to [acheshire@w-h-s.org.uk](mailto:acheshire@w-h-s.org.uk) or **07444 400875**

Please note you may need to quarantine if you have recently travelled to a country which is on the UK [quarantine list](#). Follow [isolation periods on return to the UK](#)