



Cramlington Village Primary School

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COVID 19 ADVICE ON SYMPTOMS AND TESTING

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Symptoms of coronavirus

The main symptoms of coronavirus (COVID-19) 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

Do not bring your child to school if they have any of these symptoms. To protect others, do not go to places like a GP surgery, pharmacy or hospital if you have any of these symptoms. Stay at home (self-isolate) and get a test.

What to do if my child needs a coronavirus test?

Anyone who has symptoms of coronavirus (COVID-19) can get a free test to check if they have the virus. Some people without symptoms can have the test too.

If you need medical advice about your symptoms contact [NHS 111 online coronavirus service](#)

Who can get a test

You can get a test:

- for yourself, if you have coronavirus symptoms now (a high temperature, a new, continuous cough, or a loss or change to your sense of smell or taste)
- for someone you live with, if they have coronavirus symptoms
- for yourself, if you have been told to have a test before you go into hospital, for example, for surgery

You can get 1 test for each person with symptoms or one for yourself if your hospital tells you that you need it. In England, you can get a test for a child who lives with you, whatever their age. If you're applying for a test for someone else, and the person is aged 13 or over, check they're happy for you to get a test for them.

What the test involves

The test usually involves taking a swab of the inside of your nose and the back of your throat, using a long cotton bud. You can do the swab yourself (if you are aged 12 or over) or someone can do it for you. Children aged 11 or under cannot do the swab themselves. Their parent or guardian will have to swab test them.

There are 2 ways of getting a test. You can:

- book an appointment at a drive-through or walk-through test site
- ask for a home test kit – this will be delivered to your home

If you get a home test kit, you will need to do the test and return the kit in the next 48 hours. You will be told how to do this

WE HAVE BEEN ADVISED THAT WHERE POSSIBLE, DRIVE-THROUGH OR WALK-THROUGH TESTS ARE THE PREFERRED OPTION AS RESULTS ARE RECEIVED MUCH QUICKER AND SO ANY NECESSARY ACTION CAN HAPPEN SOONER. THERE ARE DRIVE-THROUGH CENTRES AT ASHINGTON AND NEWCASTLE GREAT PARK BUT YOU MUST PREBOOK.

When to apply for a test

You need to get the test done in the first 5 days of having symptoms.

If you do not have symptoms, you can only get a test if your hospital has told you to.

Do not wait. Apply for the test as soon as you have symptoms.

Days since symptoms started	What you can order
Days 1 to 4	Book a drive-through or walk-through test at a test site or order a home test kit. Order the kit by 3pm on day 4 to make sure you can do the test in the first 5 days.
Day 5	Book a test at a test site. It's too late to order a home test kit.
Day 6	It's too late for a test.

How do I get a test?

You can apply for a test online.

They will ask you:

- how you want to get the test – at a drive-through or walk-through test site or by ordering a home test kit
- for details such as your name, mobile phone number and address

<https://www.nhs.uk/ask-for-a-coronavirus-test>

PLEASE INFORM SCHOOL AS SOON AS POSSIBLE THE RESULT OF YOUR TEST.

We would appreciate you sharing evidence of a negative result.