



**PensMeadowSchool**

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### Symptoms of COVID-19

The main symptoms are still:

- a new, continuous cough
- a high temperature
- a loss or change to your sense of smell or taste

You should immediately self-isolate and book a test either online at

[www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)

Or by calling 119

If you have a test when you have symptoms you will be given a simple swab test often referred to as a PCR test. These tests are carried out at specific PCR testing locations.

You must continue to isolate until you receive your test result (along with your household and bubble) if you receive a positive result you must all continue to isolate for 10 days starting from the day after symptoms began.

### Other symptoms

Although these are not the classic COVID symptoms, people are being encouraged to get tested for Covid-19 as a precaution (with a booked PCR test).

These symptoms may include:

- loss of appetite
- sore throat
- extreme tiredness
- sneezing
- headaches
- joint pain or muscle ache
- nausea
- runny nose or congestion
- Diarrhoea\*
- Vomiting\*



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You can book a precautionary PCR test at

[www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)

Or by calling 119

You will need to select that your council has asked you to do so.

If you have any of these other symptoms, you do not need to isolate unless you have a positive test result or have diarrhoea and vomiting\*.

*\*anyone with diarrhoea and vomiting should stay at home for 48 hours from their last symptom.*

You can find out more information at

<https://www.dudley.gov.uk/coronavirusparents>