

## Information and instructions to parents and guardians following a confirmed case of Covid-19 at preschool

### Why have I received this information?

There has been a confirmed case of Covid-19 at your child's preschool. Your child may have been exposed to the virus. It is not certain that your child has been infected or will become ill, but you need to read the following information carefully.

### What should I do now?

- **As long as your child is symptom-free** they can continue to attend preschool.
- **If your child has symptoms**, even if they are mild, they must go home and stay there until they have recovered and for a further two days after that. During that period your child must avoid close contact with people outside their household. If mild symptoms still persist, such as a dry cough and a slight cold, your child can return to preschool and other activities once seven days have passed since they first became ill.

If you require healthcare advice, you can contact 1177 or your local medical centre.

### Should my child get a Covid-19 test?

Children of preschool age suffer from colds more often than older children and adults. Testing a young child every time they have a cold could be unpleasant for them. It is therefore recommended that preschool children who have symptoms must in the first instance remain at home without getting a Covid-19 test.

If you have received special instructions from a member of a track and trace team or a doctor, testing could be necessary in certain cases – if there has been an outbreak at a preschool for example.

## Facts about Covid-19

### How long is the incubation period?

The time from when you became infected until you possibly become ill (incubation period) is 2-14 days but is generally 5 days.

### What are the most common symptoms?

Children usually have milder Covid-19 symptoms than adults. They do not become seriously ill to the same extent and they are probably not as infectious either.

Common Covid-19 symptoms are a high temperature and cold symptoms (runny nose, cough and sore throat), but there could also be a loss of your sense of smell and taste, headaches, aching muscles, stomach problems, and diarrhoea.

### How is Covid-19 transmitted?

Covid-19 is transmitted through what are known as aerosols and through direct contact. When a person sneezes or coughs, infectious droplets form in the air. Anyone close by could become infected. When the droplets fall onto surfaces or objects, the infection can be transmitted from there, in most cases via your hands. If you touch your eyes or nose without washing your hands before doing so, this could be a way for the virus to enter your body.

### General preventive measures

- Wash your hands regularly using soap and water
- Keep a safe distance between you and other people
- Cough and sneeze into the crook of your arm