

**Covid, work and school.**

**Please note guidance changes and there are links to the national websites below for the most up to date information.**

**COVID-19 symptoms can include:**

* a high temperature or shivering (chills) – a high temperature 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.
* a loss or change to your sense of smell or taste.
* shortness of breath
* feeling tired or exhausted
* an aching body
* a headache
* a sore throat
* a blocked or runny nose
* loss of appetite
* diarrhoea
* feeling sick or being sick
* The symptoms are very similar to symptoms of other illnesses, such as colds and flu.

Try to stay at home and avoid contact with other people if you or your child have symptoms and either:

* have a high temperature.
* do not feel well enough to go to work, school, childcare, or do your normal activities.

You can go back to your normal activities when you feel better or do not have a high temperature. Most people feel better within a few days or weeks of their first COVID-19 symptoms and make a full recovery within 12 weeks. For some people, it can be a more serious illness and their symptoms can last longer.

If your child has mild symptoms such as a runny nose, sore throat, or mild cough, and they feel well enough, they can go to school or childcare.

If someone finds out they've tested positive for covid-19 (coronavirus) or has covid symptoms, they should tell their employer.

'Self-isolating' (staying at home) is no longer a legal requirement. But if someone has covid symptoms or has tested positive, they should follow the public health advice in England, Scotland or Wales and any policy their organisation has in place. There's currently no legally required length of time someone with covid should stay off work.

Follow the government guidance for:

* England – people with covid symptoms on GOV.UK
* Scotland – people with covid symptoms on NHS inform
* Wales – people with covid symptoms on the Welsh Government website

Employees should speak to their employer if they have any concerns or are not sure about whether they should self-isolate as there might be more detailed local guidance depending on the nature of the business you work in.

**Returning to work after being off sick with covid**

Employers should follow the government guidance for England, Scotland or Wales.

An employer might decide it's not safe for someone to return to the workplace. For example, if an employee no longer has symptoms but is still testing positive.