



## Stockingford Nursery School

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Please see below the NHS guidelines for identifying COVID-19 symptoms:

### Main symptoms:

The main symptoms of coronavirus 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

Most people with coronavirus have at least 1 of these symptoms.

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms>

**If any member of your household is showing COVID symptoms you must follow the Government Guidance on self-isolating.**

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

Kind regards

*Sharon Kindred*

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*Working for  
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