

# What are the symptoms of COVID-19?



## HIGH TEMPERATURE

you feel hot to touch on your chest or back  
(you do not need to measure your temperature)



## NEW, CONTINUOUS COUGH

coughing more than usual for more than an hour,  
or 3 or more coughing episodes in 24 hours



LOSS OR CHANGE TO YOUR SENSE OF SMELL OR TASTE  
you've noticed you cannot smell or taste anything,  
or things smell or taste different to normal

# What do I do if I have symptoms of COVID-19?

## DO NOT COME TO SCHOOL

Stay at home, arrange a test - go to the NHS Shetland website and click on the 'Self refer for a COVID test if you have symptoms' button.

- The local testing coordinator will contact you and arrange for a test.
- They will let you know what happens next.

You should contact the school once your result has come back.

# What if I am contacted through Test & Protect?

Follow any instruction to self-isolate. Do not come to school.

Contact the school to let us know as soon as possible.

# What if a student in school has symptoms of COVID-19?

- Staff members are asked to use the PPE provided (visor, mask, apron & gloves) if unable to maintain 2m distancing
- The student should wait in a designated space until they can be collected by their parents
- Ensure Head Teacher or Depute Head Teacher knows about it



# COVID-19



**SHETLAND**  
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