

# Colds, Flu, and COVID

Colds, flu, and COVID often have similar symptoms of a sore throat, coughing, sneezing, and high temperature.

Current guidance advises that children and young people are not tested for COVID-19 unless directed to by a health professional.



**Your child should not go to school if they have a **high temperature**, have been **sick or had diarrhoea in the past 2 days**, or **do not feel well enough to do their normal activities**.**

Colds, flu and COVID can usually be treated at home- see [NHS.uk](https://www.nhs.uk) for more information.

You should take your child to the GP or call 111 if:

- you are worried about their symptoms
- symptoms do not improve after a week
- symptoms suddenly get worse
- they have a very high temperature
- they are dehydrated
- they have chest pain or feel short of breath
- they have a long-term condition or have a weakened immune system

