

## Living with COVID-19: advice for those aged 18 and under

Has your child or young person aged 18 or under tested positive, or do they feel unwell with COVID-19 or flu-like symptoms? If so, there are a few simple steps they can take to protect their family and community – especially those at highest risk of severe illness.







If they feel unwell and have a high temperature, with COVID-19 or flu-like symptoms, they should:



**Try to stay at home,** avoid contact with others and follow the guidance on **gov.uk** 



Try to avoid going
to school, college or
childcare until they no longer
have a high temperature and
are well enough to return





Carry on attending as normal if they only have mild symptoms like a runny nose, sore throat or slight cough and otherwise feel well



If they have had a positive test for COVID-19, they should:



Try to stay at home, avoid contact with others for 3 days and follow the guidance on gov.uk



Try to avoid going
to school, college or
childcare during this time,
where they can



Go back after 3 days,

but only if they no longer have a high temperature and feel well enough to do so