

## **Covid 19: Fact Sheet (based on information sent out by Bolton Council to all Bolton Headteachers)**

### **What are the symptoms?**

The main symptoms of COVID-19 are:

- 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)
- fever (temperature of 38°C or higher)- this means you feel hot to touch on your chest or back
- Loss of or change in, normal sense of taste or smell (anosmia)
- Children may also display gastrointestinal symptoms.

### **What is the mode of transmission?**

COVID-19 is passed from person to person mainly by large respiratory droplets and direct contact (close unprotected contact, usually less than one metre). These droplets can be directly inhaled by the person, or can land on surfaces which another person may touch which can lead to infection if they then touch their nose, mouth or eyes.

### **What is the incubation period?**

The incubation period (i.e. time between exposure to the virus and developing symptoms) is between 1 and 14 days (median 5 days).

### **When is a person infectious?**

A person is thought to be infectious 48 hours before symptoms appear, and up to seven days after they start displaying symptoms.

### **Are children at risk of infection?**

Children of all ages can catch the infection, but children make up a very small proportion of COVID-19 cases with about 1% of confirmed cases in England aged under 19 years. Children also have a much lower risk of developing symptoms or severe disease.

### **Can children pass on the infection?**

There is some uncertainty about how much asymptomatic or mildly symptomatic children can transmit the disease but the evidence so far from a number of studies suggests children are less likely to pass it on and do not appear to play a major role in transmission. Most children with COVID-19 have caught the infection from adults and not the reverse. This is unlike 'flu.

### **Why is PPE not recommended for teachers and children?**

Transmission of Covid-19 is usually through droplets; the mainstay of control measures is minimising contact and thorough hand and respiratory hygiene. When these measures are maintained, and symptomatic persons are excluded, the risk is minimal.

## **COVID-19 Test & Trace**

As part of the government programme, testing is now available for everyone who is symptomatic. Anyone displaying any of the below symptoms must self-isolate for 10 days (and

their household members for 14 days) and not leave the house for any reason other than to go for a test.

**If symptomatic, you should order a home testing kit or book a drive-through test at one of the regional testing centres immediately at [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) or call 119 if you have no internet access.**

If you test positive for coronavirus, the NHS track and trace service will send you a text or email alert or call you with instructions of how to share details of people with whom you have had close, recent contact and places you have visited. It is important that you respond as soon as possible so that they can give appropriate advice to those who need it. You will be told to do this online via a secure website or you will be called by one of the NHS contract tracers. If you're contacted by the NHS Track and Trace service, you will never be asked to provide any passwords, bank account details or pin numbers so please do be alert to any possible bogus calls.

If you are contacted by the NHS track and trace service because you have been in close contact with someone who has tested positive for coronavirus you must begin self-isolation for 14 days from your last contact with the person who has tested positive. It's really important we all play our part and do this when alerted, even if we don't feel unwell because, if you have been infected, you could become infectious to others at any point up to 14 days.

A close contact of someone with confirmed COVID-19, who may be asked to isolate includes:

**Household:**

- household members
- people who have stayed overnight
- sexual contacts
- those living in shared accommodation
- a household cleaner

**Or people who have had the following contact with the infected person:**

- face-to-face contact or touching (less than 1m)
- direct contact within 2m for more than 15 minutes
- travelled in the same car/within 2 seats on a plane
- worked with them or been in a 'setting' they have visited (workplace/ GP/ school/ hospital).