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| Dear Parents,We wanted to get in touch with you about the health of your child during the coronavirus pandemic with some information of what to do if your child is ill - whatever the cause.We know that children can get coronavirus, but they seem to get it less often than adults, and it's usually less serious. With the rate of cases of COVID-19 at a high level in York at present, it is likely that some children will catch the virus, but in the vast majority of cases this will not lead to any worrying symptoms.**Symptoms to look out for**The main symptoms of coronavirus in children are:* a high temperature
* a new, continuous cough – this means coughing a lot, for more than an hour, or 3 or more coughing episodes in 24 hours
* a loss or change to sense of smell or taste – this means they cannot smell or taste anything, or things smell or taste different to normal

**What to do if your child has any of the main symptoms of coronavirus:**1. Get a test to check if they have coronavirus as soon as possible ([www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test) )
2. You, your child and anyone else you live with should stay at home and not have visitors until you get the test result – only leave your home to have the test
3. If they test positive you and anyone else you live with must stay at home for 10 days

Anyone in your support bubble should also stay at home if your child has been in close contact with them since their symptoms started or during the 48 hours before they started.**Other symptoms** There have been a number of other symptoms widely reported for children who have tested positive for COVID-19. These include:* nasal congestion or runny nose
* sore throat
* diarrhoea and vomiting
* stomach pain
* headache
* muscle ache (myalgia).

While it does seem like children can get a wider range of coronavirus symptoms than adults, these symptoms could also be a sign of another infection or illness entirely. It is important not to miss the signs of another serious illness. The enclosed poster should help you to assess what medical help your child needs. Please remember that if your child is showing any signs of illness, it’s important not to send them to their usual childcare provider, such as a nursery or childminder, or to school. You can also use NHS 111 online (<https://111.nhs.uk/>).To help support families during the coronavirus pandemic, our educational psychology team has created a booklet with information about how parents can look after their own emotional health, and support their children, which you may find useful [www.york.gov.uk/downloads/LAYLAYC](http://www.york.gov.uk/downloads/LAYLAYC)You can also keep up to date with the latest information about the coronavirus response in York:* visit [www.york.gov.uk/coronavirus](http://www.york.gov.uk/coronavirus)
* talk to your ward councillor
* follow our social media channels: Twitter: [**@CityofYork**](https://twitter.com/CityofYork) or [**Facebook**](https://www.facebook.com/cityofyork)
* register for a regular email update: [www.york.gov.uk/form/EmailUpdates](http://www.york.gov.uk/form/EmailUpdates)

We are incredibly grateful for all you have done already and on behalf of the city, thank you for all you are doing to reduce the spread of the virus.We hope you and your families stay safe and well,

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| Amanda Hatton Executive Director of PlaceCity of York Council | Sharon Stoltz Direct of Public HealthCity of York Council | Wendy WattsConsultant PaediatricianYork Teaching Hospital NHS Foundation Trust |

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