

Coughs, Colds and COVID-19

INFORMATION SHEET FOR PARENTS

Why do we test children with runny noses?

Children are prone to runny/snotty noses, coughs and colds. Generally, this could be due to a cold or allergies **BUT it could also be because they have picked up the Covid-19 virus.**

COVID-19 is spread through droplets breathed out from the nose or mouth, particularly when speaking or coughing. It can also be picked up by touching your eyes, nose and mouth after contact with contaminated objects and surfaces.

The COVID-19 virus is also spread by being in large groups close to each other (less than 2 metres/3 steps), shaking hands, hugging, kissing and touching.

For more information, visit www.covid.gi

So is it a cold, the flu or COVID-19?

There is no way to know for sure whether your child has a cold, the flu or Covid-19 without testing as all three exhibit similar symptoms. Typical symptoms of Covid-19 include:

- o Runny and/or Stuffy nose
- o Cough
- o Headache
- o Sore throat
- o Fever
- o Tummy ache
- o Diarrhoea/loose tummy
- o Feeling sick (nausea) and/ or vomiting
- o Feeling very tired
- o Loss of appetite
- o Body ache or muscle pain

In most cases, symptoms in children are fairly mild. However, they would be **spreading** Covid-19 if allowed to mix with their friends and family. This means they will pass it within school and in the community as well as to older relatives such as grandparents/uncles/ aunts and others who are vulnerable.

(For more information on vulnerability visit: <https://healthygibraltar.org/infections/infection-facts/wuhan-novel-coronavirus/covid-19-faqs/#meant-vulnerable>)

If, at any time, your child develops symptoms that resemble Covid-19 symptoms; even after testing negative, please call 111 and follow advice given.

If you are contacted by the Contact Tracing Bureau (CTB) please follow their advice as they will have up-to-date information about your child's results and/or any Covid-19 contact your child may have encountered in school or elsewhere.



Thank you for attending the drive-through testing facility.

Please make sure you provide a current mobile telephone and your email address.

Results will be sent via SMS¹ or email¹. We aim to send your results within an hour or so. Please be patient should this take a little longer; the drive thru is responsible for the majority of COVID-19 screening in Gibraltar.

Test Results

Your Child's test is negative

If your child's Covid-19 test result is negative, it means the COVID-19 virus has not been detected, and your child may attend school that same day. Please note that if your child develops further symptoms even after obtaining a negative result you **must** call 111 for advice.

Your Child's test is positive

If your child's Covid-19 test result is positive, it means the Covid-19 virus has been detected, and you will be advised to bring your child back to the drive-through for an additional swab that will be sent for further testing.

Your child will need to **isolate**; avoiding contact with any additional people and wearing a mask to and from the swabbing facility. Please **do not** wait at the drive-through or congregate with others, a positive case would be spreading Covid-19 to others even if they do not have symptoms.

You will be contacted with further advice once the second set of results are received.

Remember

- o Wash/sanitise hands thoroughly and regularly.
- o Refrain from touching your face, eyes, nose with uncleaned hands.
- o Wear a mask in crowded or small spaces and follow mask wearing guidelines.
- o Avoid unnecessary contact with others (handshakes, hugs or kisses).
- o Clean and disinfect touched frequently touched objects and surfaces.
- o Do not share food, glasses, towels, tools, etc.
- o Cover your mouth and nose with a tissue or the crook of your arm when you cough or sneeze (dispose of the tissue after use).
- o Stay away from anyone showing symptoms of respiratory illness such as coughing/sneezing.
- o Keep a 2 metre (3 steps) distance from others at all times.
- o Avoid unnecessary travel, large gatherings and public transport.
- o If you are ill with flu-like symptoms, stay at home Call 111.

