

## **Introduction of PCR testing for wider symptom range**

Individuals who have any of the three main Covid-19 symptoms (high temperature, new, continuous cough, loss or change of taste or sense of smell) must self-isolate (stay at home) immediately and book a Covid-19 PCR test.

However, there are also a number of other, wider symptoms, which may be linked to Covid-19 infection, although these symptoms are also common in a number of other illnesses.

Worcestershire County Council's Public Health team are recommending that all children and staff in education settings get a Covid-19 test as a precaution if they display any of these wider symptoms.

Children and staff can carry on attending if they are well enough to so or are not already self-isolating.

Other symptoms which may be linked to Covid-19 infection:

- Loss of Appetite
- Sore Throat
- Extreme Tiredness
- Sneezing
- Headaches
- Diarrhoea (must be clear of symptoms for 48hrs before returning to school)
- Joint Pain or Muscle Ache
- Vomiting (must be clear of symptoms for 48hrs before returning to school)
- Nausea
- Runny Nose or Congestion

A letter from Public Health is provided here to explain in more detail.

**[Public Health Letter](#)**

## **Changes regarding return to settings following self-isolation**

There have been updates to self-isolation guidelines on the NHS Website: <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-long-to-selfisolate/>

Please note there has been a change when to keep self-isolating.

### **Individuals can stop self-isolating:**

after 10 days if they do not have any symptoms or if they just have a cough or changes to sense of smell or taste – these can last for weeks after the infection has gone.

### **Individuals must keep self-isolating:**

if you have any of these symptoms after the 10 days:

- a high temperature or feeling hot and shivery
- a runny nose or sneezing
- feeling or being sick
- diarrhoea Only stop self-isolating when these symptoms have gone.

And stay at home until 48 hours after a fever, sickness or diarrhoea has stopped.