

Check if you or your child has coronavirus symptoms

If you have any of the main symptoms of coronavirus (COVID-19), get a test as soon as possible. Stay at home until you get the result.

Main symptoms

The main symptoms of coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a 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)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms.

What to do if you have symptoms

If you have any of the main symptoms of coronavirus:

1. Get a test to check if you have coronavirus as soon as possible.
2. Stay at home and do not have visitors until you get your test result – only leave your home to have a test.

Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.

Get a test to check if you have coronavirus

What is a support bubble?

Urgent advice: Use the NHS 111 online coronavirus service if:

- you're worried about your symptoms
- you're not sure what to do

Use the NHS 111 online coronavirus service

Call 111 if you cannot get help online. Do not go to places like a GP surgery, hospital or pharmacy.

Babies and children

Call 111 if you're worried about a baby or child under 5.

If your child seems very unwell, is getting worse or you think there's something seriously wrong, call 999.

Do not delay getting help if you're worried. Trust your instincts.

Coronavirus in children

Children can get coronavirus (COVID-19), but they seem to get it less often than adults and it's usually less serious.

Symptoms of coronavirus in children

The main symptoms of coronavirus 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 symptoms

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.
2. Stay at home and do not have visitors until you get the test result – only leave your home to have a test.

Anyone you live with, and anyone in your support bubble, must also stay at home until you get the result.

Get a test to check for coronavirus

What is a support bubble?

Important

Get advice from NHS 111 if you're worried about your child or not sure what to do.

- For children aged 5 or over – use the [NHS 111 online coronavirus service](#).
- For children under 5 – call 111.

What to do if your child seems very unwell

Children and babies will still get illnesses that can make them very unwell quickly. It's important to get medical help if you need it.

Urgent advice: Call 111 or your GP surgery if your child:

- is under 3 months old and has a temperature of 38C or higher, or you think they have a fever
- is 3 to 6 months old and has a temperature of 39C or higher, or you think they have a fever
- has other signs of illness, such as a rash, as well as a high temperature (fever)
- has a high temperature that's lasted for 5 days or more
- does not want to eat, or is not their usual self and you're worried
- has a high temperature that does not come down with paracetamol
- is dehydrated – for example, nappies are not very wet, sunken eyes, and no tears when they're crying

Immediate action required: Call 999 if your child:

- has a stiff neck
- has a rash that does not fade when you press a glass against it (use the "glass test" from [Meningitis Now](#))
- is bothered by light
- has a seizure or fit for the first time (they cannot stop shaking)
- has unusually cold hands and feet
- has pale, blotchy, blue or grey skin
- has a weak, high-pitched cry that's not like their usual cry
- is drowsy and hard to wake
- is extremely agitated (does not stop crying) or is confused
- finds it hard to breathe and sucks their stomach in under their ribs
- has a soft spot on their head that curves outwards
- is not responding like they usually do, or not interested in feeding or usual activities