



## APPENDIX 1

### Symptom checklist for families

Please use the following checklist to monitor symptoms according to government guidelines.

If your son/ daughter is unwell check which of the following symptoms they have:

- High temperature/ fever
- Cough
- Difficulty breathing
- Nasal congestion
- Sore throat
- Stomach ache
- Vomiting
- Diarrhea
- Physical discomfort
- Muscle pain

If there is an adult at home who is not feeling well please check which of the following symptoms they have:

- High temperature/ fever
- Cough
- Difficulty breathing
- Loss of taste
- Sore throat
- Shivers/chills
- Vomiting
- Diarrhea
- Physical discomfort
- Muscle pain

If you have ticked one or more of the boxes, you should avoid taking your child to school and contact the school office to inform us. You should also contact your normal doctor.