

Help prevent COVID-19

For parents, carers and children in Croydon

LOCAL RESTRICTION TIER 2: HIGH ALERT FROM 2 DECEMBER

SCHOOLS REMAIN OPEN



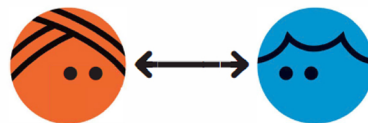
HANDS

Wash/sanitise your hands regularly



FACE

Wear a well-fitting face covering where required



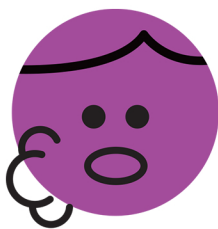
SPACE

Keep 2m away from people outside your household and support bubble

REMEMBER:

- You must only socialise indoors with household members, or your support or childcare bubble.
- You must not socialise with your support bubble and your childcare bubble at the same time.
- Keep 2m away from other parents when you pick up or drop off your child
- Rule of Six - You must not meet in groups larger than 6 outdoors or in private gardens

Symptoms of coronavirus



New, persistent cough



High temperature



Loss or change of taste or smell

Stop the spread of coronavirus

If you have symptoms you must:



- Book a test immediately
- Self-isolate and only leave home to get tested

You must also self-isolate:

- When waiting for the results of the test
- If you test positive
- if you are informed you are a close contact

REMEMBER:

It is a legal duty to self-isolate if:

- You have tested positive for Covid-19
- You have been told to by NHS Test and Trace

If you do not self-isolate, you could be fined up to £10,000

What should parents do?

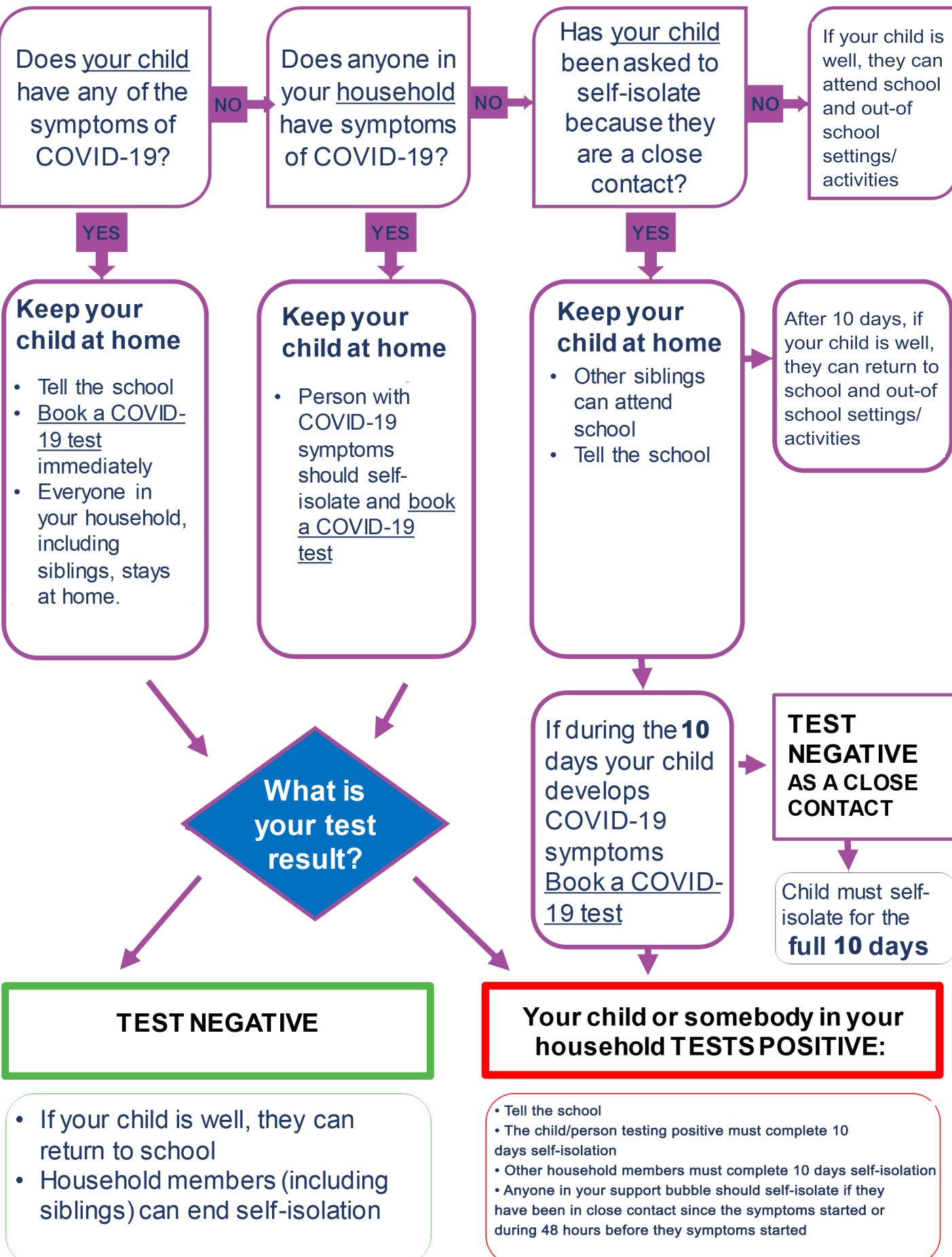
Children can still go to school, nursery, childminder if they have:

- Runny noses
- Sore throats without a fever
- Mild colds

The main COVID symptoms are:

- Fever > 37.8 OR
- New continuous cough OR
- Loss of taste and / or smell

Children need a COVID test if they have the main COVID symptoms but not if they have a runny nose, are sneezing, or feeling unwell



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SAFE**

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