



Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board



New information about extended symptoms of COVID-19 - Guidance for parents

The Cardiff and Vale Test, Trace, Protect Service (TTP) has identified that significant numbers of people who test positive for COVID-19 do not have any of the three most common symptoms during the early stages of infection.

People who are experiencing one or more of the three cardinal COVID-19 symptoms (new persistent cough, fever and/or loss or change of taste or smell) must continue to follow Welsh Government guidance on testing and isolation and are required to self-isolate with their household whilst they await a test result.

In addition to this, testing is also available for residents who are experiencing a wider range of symptoms and these are new, persistent and/or unusual symptoms for them.

What is the extended list of symptoms?

The Cardiff and Vale Test, Trace, Protect service (TTP) is now advising that a test is booked if the following symptoms are displayed:

Fatigue, myalgia (muscle ache or pain), a sore throat, a headache, a runny nose, nausea, vomiting, or diarrhoea.

Residents are asked to consider taking a test if they are experiencing any of these extended symptoms and they are new, persistent and/or unusual symptoms for them. If individuals then receive a positive COVID-19 result, they and their household must then isolate.

Households must also isolate if anyone develops any of the three classic COVID-19 symptoms while waiting for a test result taken on extended symptoms to come back.

How have the extended list of symptoms been determined?

All of the symptoms on the extended list are known symptoms of COVID-19. The list has been compiled by local public health experts based on extensive investigation into cases in Cardiff and the Vale of Glamorgan.

Does this list apply to children?

Yes, the extended list of symptoms applies to children and adults and the same steps should be followed whatever your age.

What do I do if my child is displaying one of the new extended symptoms?

You should consider booking a test for your child.

Can my child attend school if they are displaying one of the extended symptoms?

Yes, school pupils can continue to attend school while they await a test result. However, children and adults with diarrhoea and or vomiting should remain off work or school until they are symptom free for 48 hours even if their COVID-19 test is negative.

Individuals who take a test because of these other extended symptoms are not required to isolate while they await their test result.

If individuals then receive a positive COVID-19 result, they and their household must then isolate. Households must also isolate if anyone develops any of the three classic COVID-19 symptoms while waiting for a test result taken on extended symptoms to come back.

If my child has one or more of the list of extended symptoms, does the household need to isolate?

No, but please remember, if your child has any of the three classic symptoms of COVID-19 – (a fever, a new continuous cough or a loss of/change to taste and smell) – then they **must** get a test and the whole household **must** self-isolate until you receive the result. This is a legal requirement.

If your child receives a positive test result, whatever their symptoms, the whole household must self-isolate. The Test, Trace, Protect team will then contact you to advise what to do next.

Do I need to self-isolate if I live with, or have been in contact with, someone with one or more of the extended of symptoms?

No, If you live with someone who is being tested because they have one of the new extended list of symptoms you **do not** need to self-isolate unless the person you live with/ or had contact with, has produced a positive test result.

However, in line with current Welsh Government guidance, if you live with someone displaying one or more of the three classic COVID-19 symptoms (a fever, a new continuous cough or a loss/change of taste and smell) then you should isolate as a household while they wait for their test result.

Why do I need to book a test for my child if they only have the extended symptoms?

The extended symptom list has been established to encourage wider testing. If somebody within your household is displaying any of the extended symptoms, it is strongly encouraged that a test is booked.

If the test returns as negative, the person who was displaying extended symptoms may return to work/school when well enough to do so.

If the test returns as positive, the symptomatic person **AND** their household contacts must self-isolate immediately and await contact from the Test, Trace, Protect team.

What if I don't want to have my child tested for the extended symptoms?

Currently, testing for extended symptoms is not a legal requirement, however testing can provide reassurance that COVID-19 is not the cause of your child's symptoms, or if COVID-19 is the cause, knowing this early in your child's illness helps to protect your family so that you don't unknowingly expose others such as grandparents and friends to the virus.

How do I arrange a test for my child?

Tests can be booked online via www.gov.uk/get-coronavirus-test or calling 119.

In the event you cannot book a test, or there are long wait periods for a test date, please contact your child's school who can arrange testing on your behalf.

What if my child has recently taken a lateral flow device (LFD) test?

Lateral flow device (LFD) tests, such as those used by secondary school pupils Year 10 and above, are

only used to detect asymptomatic cases and ensure it is safe for people to go to school/ work. They should not be used to test for COVID-19 in anyone with symptoms.

Can I use an elder sibling's Lateral Flow Test, to test my younger child?

No. Lateral Flow Tests should not be shared. It is vital new symptoms are tested using the PCR method at a testing centre. This method is a far more effective way of testing. When someone produces a positive Lateral Flow Test they still have to go to a test centre to have a PCR test to confirm the positive result.

If I have had the vaccine how much contact can I have with my child or anyone who is displaying symptoms (extended or classic) while they are isolating/ awaiting their test result?

The vaccination does not change the requirements in place for reducing transmission, and the restrictions in place for self-isolation at this time.

Where a contact displays the classic symptoms of COVID-19, the vaccinated person will still be required to self-isolate.

Where a contact displays the new extended symptoms, the vaccinated person does not have to self-isolate until the test result is known.

If one of my children has been asked to self-isolate as part of a school or childcare bubble group, should I take them for a test?

Within Cardiff and the Vale we are not currently advising close contacts within schools to get tested as a matter of course. The decision on whether to ask all children in a bubble to get a test is taken by the Test, Trace, Protect (TTP) team depending on a number of factors.