

Symptoms of COVID-19 for staff in Early Learning and Care (ELC) and School-Age Childcare (SAC) settings



Coronavirus
COVID-19
Public Health
Advice

With the current increase in cases of COVID-19 as well as other infections such as RSV and Influenza, ELC/SAC staff should be particularly mindful of the symptoms of COVID-19 and other respiratory illnesses. If you experience any of the symptoms below, you should not attend the setting, regardless of a negative COVID-19 test until you have been acute symptom free for 48 hours even if the symptoms are mild.

Common Symptoms of COVID-19 Include:

- fever (high temperature of 38 degrees Celsius or more)
- dry cough
- fatigue (tiredness)

Less Common Symptoms Include:

- loss or change to your sense of smell or taste – this could mean they're completely gone or just different to normal
- nasal congestion (runny or blocked nose)
- conjunctivitis (also known as red eyes)
- sore throat
- headache
- muscle or joint pain (aches and pains)
- different types of skin rash
- nausea or vomiting
- diarrhoea
- chills or dizziness

You may not have all of these symptoms, and symptoms may vary with different variants of COVID-19. Symptoms can take up to 14 days to develop.

Symptoms of COVID-19 can be similar to symptoms of cold, flu or hay fever. If you are in doubt about any symptoms, phone your GP.

Respiratory Syncytial Virus (RSV)

RSV is a seasonal respiratory virus which causes almost identical symptoms to COVID-19. RSV is currently causing hospitalisations among young children. Early Learning and Care staff with symptoms matching those of RSV should not attend their settings, regardless of a negative COVID-19 test, until the symptoms have passed for 48 hours, for the wellbeing of young children in their care.

Common symptoms of RSV include: runny nose, coughing, sneezing, fever and wheezing.



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