

# Living with COVID-19: advice for those aged 18 and under

Has your child or young person aged 18 or under tested positive, or do they feel unwell with COVID-19 or flu-like symptoms? If so, there are a few simple steps they can take to protect their family and community – especially those at highest risk of severe illness.



**If they feel unwell and have a high temperature, with COVID-19 or flu-like symptoms, they should:**



**Try to stay at home,** avoid contact with others and follow the guidance on [gov.uk](https://www.gov.uk)



**Try to avoid going to school, college or childcare** until they no longer have a high temperature and are well enough to return



**Carry on attending as normal if they only have mild symptoms** like a runny nose, sore throat or slight cough and otherwise feel well



**If they have had a positive test for COVID-19, they should:**



**Try to stay at home,** avoid contact with others for 3 days and follow the guidance on [gov.uk](https://www.gov.uk)



**Try to avoid going to school, college or childcare** during this time, where they can



**Go back after 3 days,** but only if they no longer have a high temperature and feel well enough to do so

Find out more on [gov.uk](https://www.gov.uk)