

COVID-19 Guidance for Parents/Carers from 16th August 2021

For any **SUSPECTED** or **CONFIRMED** case of COVID-19 in a young person please follow the flow chart below

SUSPECTED case if a young person has COVID-19 symptoms

Key symptoms:

- A new continuous cough and/or
- high temperature and/or
- a loss of, or change in, normal sense of taste or smell (anosmia).

Additional symptoms that may be early warning signs of COVID-19 in young people include upset stomach, headache, sore throat, unusual fatigue.

Book a **PCR test** as soon as possible online via the website

www.nhs.uk/coronavirus.

Alternatively a PCR test can be ordered by phone on

NHS 119 for those without the internet.

Ensure young person isolates at home till the test result.

***Who else needs to isolate?**

The rest of the household does not need to isolate if they are :

- **Under 18 and 6 months *and/or***
- **Double vaccinated *and/or***
- **Part of a COVID Vaccine trial *and/or***
- **Exempt for other reasons**

If none of the above apply then the household contacts **must** isolate till the test result.

Result of test

(notify setting as soon as possible).

NEGATIVE

POSITIVE

Young person can return to setting once well.
Any household contacts can stop isolating*.

CONFIRMED case(s) following a Positive PCR Test

Positive PCR Result

Inform the setting of positive PCR. Young person must self- isolate for 10 days.

The rest of the household does not need to isolate if they are:

- **Under 18 and 6 months *and/or***
- **Double vaccinated *and/or***
- **Part of a COVID Vaccine trial *and/or***
- **Exempt for other reasons**

If none of the above apply then the household contacts **must** isolate for **10 days**.

Ensure young person isolates at home for **10 days**, along with any members of their household who are **over 18 yrs & 6 months and have not had 2x COVID vaccines.***

For **symptomatic** cases the day the symptoms began is DAY ZERO.

You need to add 10 further days after DAY ZERO.

For **asymptomatic** cases the date of the test is DAY ZERO.

You need to add 10 further days after DAY ZERO.

Isolation ends the day after day 10 – the young person can return to the setting, **if well**, and any eligible household members * can stop isolating. If the young person has diarrhoea or are being sick, they should continue to isolate until 48hrs after symptoms – as per usual sickness protocol.

If anyone else in the household becomes unwell and tests positive for Covid-19 they will need to restart/start their 10 day isolation. The rest of the family who have been isolating*, do not need to extend their isolations after completing the 10 days.

CONFIRMED case(s) following a Positive LFD Test

Positive LFD Result

Inform setting of positive LFD
Take a PCR test **WITHIN 2 DAYS** of positive LFD - Online at www.nhs.uk/coronavirus or 119.
Young person and eligible close contacts* must self-isolate whilst waiting for the result.

Negative PCR Result

Young person and eligible close contacts* can stop isolation and can return to the setting. Restart twice weekly LFD home testing.

- **We continue to ask families/learners to wash hands regularly, keep spaces well ventilated, wear face covering in crowded, public indoor areas.**
- **Face covering are to be worn on transport to and from educational settings.**
- LFD test = Lateral Flow Device tests are rapid tests that can be used at home and the result is available after 30 minutes.
- PCR test = polymerase chain reaction test that can be booked online and is sent to a lab for the result.
- If you have recently (within 90 days) had a positive PCR test for COVID-19 you are exempt from testing by both PCR and LFD within 90 days of a positive PCR test result, unless you develop new symptoms.
- LFD tests are used for identifying Covid-19 infection where there are no symptoms. If you have symptoms book a PCR test.
- LFD tests are safe to use in pregnancy. They should not be used in children under 12 years (unless in secondary school).
- If you have had a COVID-19 vaccination you should still take part in the LFD testing as you may still transmit the virus.
- If you have been identified as a close contact * of a positive case, a negative LFD test does not mean you can stop isolating unless part of a workplace scheme.
- If you have had a recent nosebleed, or have a nose piercing use the other nostril to swab for the LFD test.