

# COVID-19 Guidance for Parents/Carers in Central Bedfordshire Education Settings: 01.11.21

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

**SUSPECTED** case – i.e., if 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 children include: upset stomach, headache, sore throat, unusual fatigue.

Take a **PCR test** as soon as possible. Book online via the website: [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)

Alternatively a PCR test can be ordered by phone on: **NHS 119** for those without access to the internet.

Ensure young person isolates at home **until PCR test result is known**

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

- Under 18yrs and 6 months *and/or*
- Double vaccinated, **at least 14 days since the 2<sup>nd</sup> dose** *and/or*
- Part of a COVID-19 Vaccine trial *and/or*
- Cannot have a COVID-19 vaccine for medical reasons (as confirmed by a medical professional).

If **none** of the above apply, household contacts **must isolate until test result is known.**

**Young people in Year 3 and above** who are household contacts of a suspected positive case, but are exempt from isolation (as above), are strongly encouraged to take a **daily lateral flow test (LFT) for 7 days** and should only attend school or college if their lateral flow test is negative. They should start testing from the start of symptoms.

**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 and daily LFD testing.

**CONFIRMED** case following a Positive PCR Test

**Positive PCR Test Result**

Inform the setting of positive PCR test result. Young person must self-isolate for 10 days. The rest of the household **does not** need to isolate if they are:

- Under 18yrs and 6 months *and/or*
- Double vaccinated, **at least 14 days since the 2<sup>nd</sup> dose** *and/or*
- Part of a COVID-19 vaccine trial *and/or*
- Cannot have a COVID-19 vaccine for medical reasons (as confirmed by a medical professional).

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

**ALL household contacts of a positive case should follow Government guidance and book a PCR test.**

**Young people in Year 3 and above** who are household contacts of a positive case, but are exempt from isolation (as above), are strongly encouraged to take a **daily lateral flow test (LFT) for 7 days** and should only attend school or college if their lateral flow test is negative.

**CONFIRMED** case following a Positive LFD Test

**Positive LFD Test Result**

Inform setting of positive LFD test result

Take a PCR test **WITHIN 2 DAYS** of positive LFD test result. Book online at: [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) or phone **NHS 119**

Young person and eligible\* close contacts (\*those who are over 18 yrs and 6 months and **NOT** double vaccinated) must self-isolate whilst waiting for the PCR test result.

**Negative PCR Test Result**

Young person and eligible\* close contacts can stop isolation and can return to the setting. Restart twice-weekly LFD home testing in secondary school-aged pupils.

Ensure positive 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-19 vaccines.** For symptomatic cases, the day the symptoms began is **DAY 0**; For asymptomatic cases the date of the test is **DAY 0**; You then need to add 10 further days after DAY 0.

**Isolation ends at midnight on Day 10.** The young person can return to the setting, if well, and any eligible household members can stop isolating. If the young person still has a fever, diarrhoea or is being sick, they should continue to isolate until 48hrs after symptoms have ended - as per sickness protocol in the setting.

If anyone else in the household becomes unwell and tests positive for COVID-19, they will need to isolate for the required period of time, as directed on receipt of their test result.

If any other members of the household have been isolating, and remain well, they will **not need to extend their isolation period** after completing the 10 days.

- We continue to ask families/young people to wash hands regularly, keep spaces well ventilated, and to wear face masks in crowded, public, indoor areas.
- Face masks should continue to be worn on school and public transport to and from education settings.
- **LFD test:** A Lateral Flow Device test is rapid test that can be used at home, and the result is available after 30 minutes. Click [here](#) to find out how to collect/order LFD tests free of charge.
- **PCR test:** A Polymerase Chain Reaction test 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, **unless you develop new symptoms.**
- LFD tests are used for identifying COVID-19 infections where there are no symptoms, and should **not** be used if you have any symptoms.
- LFD tests are safe to use in pregnancy.
- If you have had a COVID-19 vaccination, you should still take part in LFD testing as you may still transmit the virus.
- If you have been identified as an eligible close contact of a positive case, a **negative LFD test does not mean that you can stop isolating.**
- If you have had a recent nosebleed, or have a nose piercing, use the other nostril to swab for the LFD test.