The Societas Trust

Guidance on Testing and Isolation – effective 11/01/2022

What happens now if I or my child is a close contact of someone with Covid 19?

- Unvaccinated adults are legally required to self-isolate for 10 days if they live with, or are identified by NHS Test and Trace as a close contact of, someone with COVID-19 and cannot use the daily lateral flow device (LFD) testing option. You are advised to take a PCR test as soon as possible while you are self-isolating. You should take this PCR test because you are at a higher risk of being infected. If your PCR test result during your isolation period is negative, you must continue to self-isolate as you could still become infectious and pass the infection on to others. Stay at home for the full 10 days. Your isolation period includes the day the first person in your households symptoms started (or the day their test was taken if they did not have symptoms) and the next 10 full days. If during the 10 day isolation period you subsequently develop symptoms, you should arrange another PCR test and, if the result is negative, continue to isolate for the original 10 day period. If the result is positive, you should follow the guidance for people testing positive.

- People who are fully vaccinated (had 2 doses) and Children aged 5 to 18 years and 6 months who live with, or are identified by NHS Test and Trace as a contact of, someone with COVID-19, should take an NHS rapid lateral flow device (LFD) test (home test) every day for 7 days (or until 10 days after the household member who has COVID-19 started their self-isolation period if this is earlier) and register their results. You/they should take this daily LFD test before you/they leave your home for the first time that day. As long as the result is negative, you/they do not need to isolate that day. However:
    - If you/they have symptoms or a positive LFD test, then you/they should arrange a PCR Test and self-isolate until you/they receive the result. If negative, you/they can stop isolating and continue with daily lateral flow testing until the end of the original 7 day period (or until 10 days after the household member who has COVID-19 started their self-isolation period if this is earlier). If positive, you/they should isolate and follow the guidance for people testing positive.

- Children aged under 5 are exempt from self-isolation (unless they have symptoms themselves) and do not need to take part in daily rapid lateral flow testing. They can continue to attend an education or childcare setting unless they become symptomatic. They should be watched carefully for symptoms and should take a PCR test if Covid-19 symptoms are seen and self-isolate until a result is received:
    - If negative, they should stop isolating.
    - If positive, they should isolate and follow the guidance for testing positive.

If required to take daily lateral flow tests as a Close Contact, then daily test results (whether positive or negative) need to be reported through the Online Reporting System. If positive, please also report to Goldenhill Primary Academy when reporting absence.

How long is the isolation period following a positive test?

Stay at home and self-isolate if you have any of the main symptoms of COVID-19 or if you have a positive LFD or PCR test result. Your isolation period starts immediately from when your symptoms started, or, if you do not have any symptoms, from when your positive LFD or PCR test was taken, whichever test was taken first. Your isolation period includes the day your symptoms started (or the day your test was taken if you do not have symptoms), and the next 10 full days.

You can return to your normal routine and stop self-isolating after 10 full days if your symptoms have gone, or if the only symptoms you have are a cough or anosmia, which can last for several weeks. If you still have a high temperature after 10 days or are otherwise unwell, stay at home and seek medical advice.

You may be able to end your self-isolation period before the end of the 10 full days. You can take an LFD test from 6 days after the day your symptoms started (or the day your test was taken if you did not have symptoms), and another LFD test on the following day. The second LFD test should be taken at least 24 hours later. If both these test results are negative, and you do not have a high temperature, you may end your self-isolation after the second negative test result.

What happens if I or my child has Covid 19 symptoms?

You/your child should self-isolate and arrange a confirmatory PCR test to verify the result.

If the PCR result comes back positive, you/your child must self-isolate following the guidance for people who test positive. If negative, then you/your child can stop isolating.

Should staff still be LFD testing twice a week?

Yes, staff should continue to LFD test twice per week.

What happens if a member of staff receives a positive LFD test result when they are asymptomatic (in light of the temporary changes introduced on 11th January 2022)?

People who receive positive lateral flow device (LFD) test results for coronavirus (COVID-19) will be required to self-isolate immediately and are not required to take a confirmatory PCR test. They should follow the guidance on self-isolation following a positive test given above.

This is a temporary measure while COVID-19 rates remain high across the UK. Whilst levels of COVID-19 are high, the vast majority of people with positive LFD test results can be confident that they have COVID-19.

Under this new approach, anyone who receives a positive LFD test result should report their result on GOV.UK and must self-isolate immediately but will not need to take a follow-up PCR test.

After reporting a positive LFD test result, they will be contacted by NHS Test and Trace so that their contacts can be traced and must continue to self-isolate.

There are a few exceptions to this revised approach:

- First, people who are legally obliged to isolate, and therefore eligible for the £500 Test and Trace Support Payment (TTSP), will still be asked to take a confirmatory PCR if they receive a positive LFD result to enable them to access financial support.

- Second, people participating in research or surveillance programmes may still be asked to take a follow-up PCR test, according to the research or surveillance protocol.

- Finally, around one million people in England who are at particular risk of becoming seriously ill from COVID-19 have been identified by the NHS as being potentially eligible for new treatments. They will be receiving a PCR test kit at home by mid-January to use if they develop symptoms or if they get a positive LFD test result, as they may be eligible for new treatments if they receive a positive PCR result. This group should use these priority PCR tests when they have symptoms as it will enable prioritised laboratory handling.

<table>
<tr><th colspan="2">SUMMARY</th></tr>
<tr><th>Event</th><th>Actions</th></tr>
<tr><td>POSITIVE LFT but NO symptoms</td><td>Report the test through the official government site: https://www.gov.uk/report-covid19-result Report the absence and result to school and send a copy of your confirmation email or text to office@golenhillpriamry.org.uk Isolate immediately and then follow the guidance below: https://www.gov.uk/government/publications/covid-19-stay-athome-guidance/stay-at-home-guidance-for-households-withpossible-coronavirus-covid-19-infection</td></tr>
<tr><td>Symptoms but NEGATIVE LFT.</td><td>If your child has symptoms
<table>
<tr><th>The 3 main symptoms of Covid-19 remain:</th><th>Milder symptoms can include:</th></tr>
<tr><td>high temperature;</td><td>Headaches</td></tr>
<tr><td>new continuous cough</td><td>fatigue & lethargy</td></tr>
<tr><td rowspan="4">loss or change in sense of taste or smell</td><td>sore throat</td></tr>
<tr><td>muscle aches</td></tr>
<tr><td>shortness of breath</td></tr>
<tr><td>tummy upset/diarrhoea or vomiting.</td></tr>
</table>
Please book a PCR and keep them at home until they have the result. Inform the school that they are getting a PCR. Your child can return to school immediately if the test is negative.</td></tr>
<tr><td>POSITIVE LFT and symptoms</td><td>Isolate immediately and book a PCR. Report the absence and result to school and send a copy of your confirmation email or text to office@goldenhillprimary.org.uk Isolate immediately and then follow the guidance below before you return.</td></tr>
<tr><td>There is Covid-19 in the home but my child is negative.</td><td>They no longer need a negative PCR to attend school. They should take an LFT everyday and only attend school if this is clearly negative.</td></tr>
<tr><th colspan="2">Returning to School</th></tr>
<tr><td>Testing on Day 6 is NEGATIVE</td><td>If your child tests negative on Day 6, they must then take a second test on the morning of Day 7. If this is negative, they can return to school that day.</td></tr>
<tr><td>Testing on Day 6 is POSITIVE Remain at home. Re-test on Day 7.</td><td>If this is positive continue to test up to Day 10. You need two consecutive days of negative testing to return early.

You are safe to return after Day 10, even if the test is still POSTIVE. However, if you still have a temperature, vomiting or diarrhoea or feel very unwell, you must remain at home and seek advice from either Track and Trace or NHS 111.</td></tr>
</table>