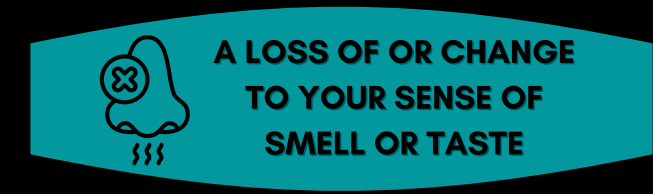
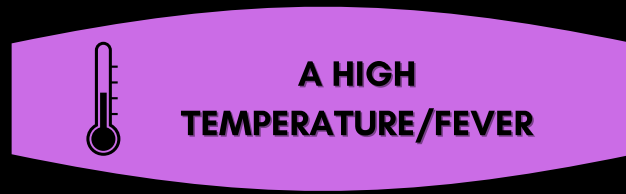


COVID-19 Guidance for Parents/Carers & Staff from 17th January 2022

KEY SYMPTOMS



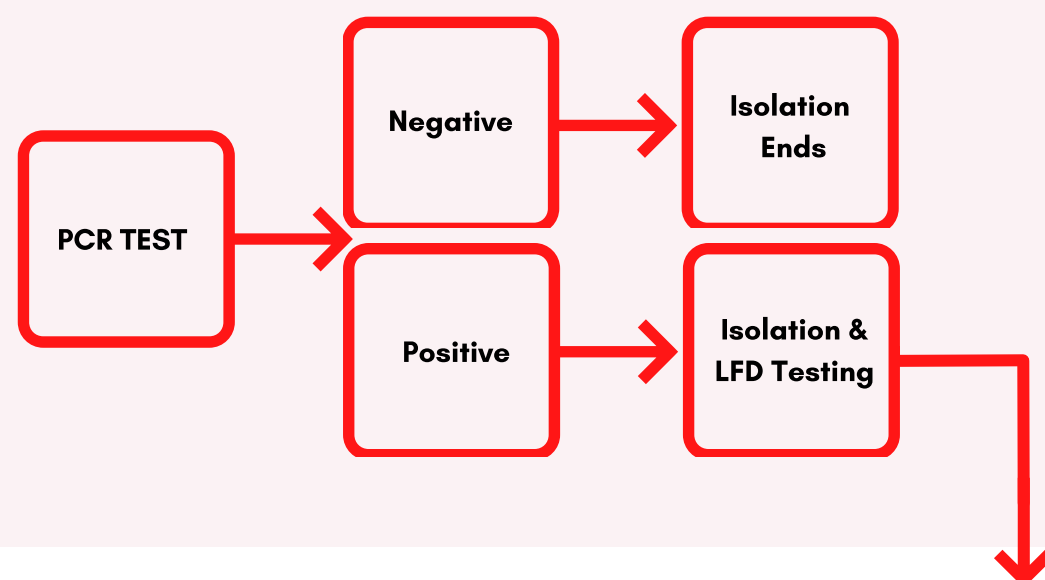
Additional symptoms that may be early warning signs of COVID-19 in children include: an upset stomach, headache, sore throat, unusual fatigue

SUSPECTED CASE

If a child/young person or staff member experience any of the **3 key symptoms** of COVID-19 (a high temperature/fever, a new continuous cough, and/or a loss or change to smell/taste) **they must arrange a PCR Test**. They must also inform their setting of the symptoms and update them following receipt of the PCR test result.

To book a PCR test, please use <https://www.gov.uk/get-coronavirus-test>. Alternatively, a PCR test can be ordered by phone on NHS **119** for those without the internet. Symptomatic cases have a legal duty to self-isolate and obtain a PCR result.

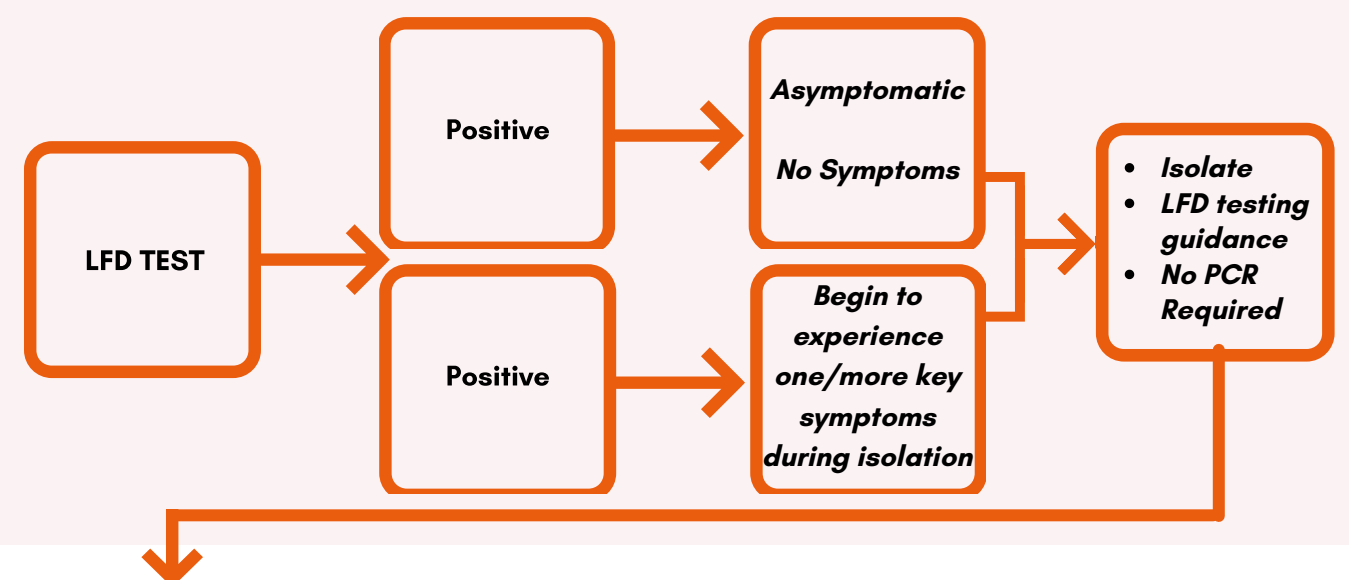
Ensure child/young person isolates at home until the test result is known. The rest of the household does NOT NEED to isolate if they are: (i) Under 18 and 6 months, or Fully vaccinated, or (ii) Part of a Covid-19 Vaccine trial, or (iii) Exempt for other reason. If none of these apply, household/close contacts should follow the '**Close Contacts**' guidance.



POSITIVE LFD

If a child/young person or staff member has a **Positive LFD test** and:

- and they are **not experiencing any symptoms**. They should isolate and follow the LFD testing guidance. (Asymptomatic)
- they were not experiencing any symptoms (Asymptomatic) at the time of the test, but during their isolation they begin to experience one or more of the key symptoms – **they do not need a PCR test**. They should isolate and follow the LFD testing guidance.
- They must also inform their setting of the positive LFD test.
- Household/close contacts should follow the '**Close Contacts**' guidance



ISOLATION & LFD TESTING

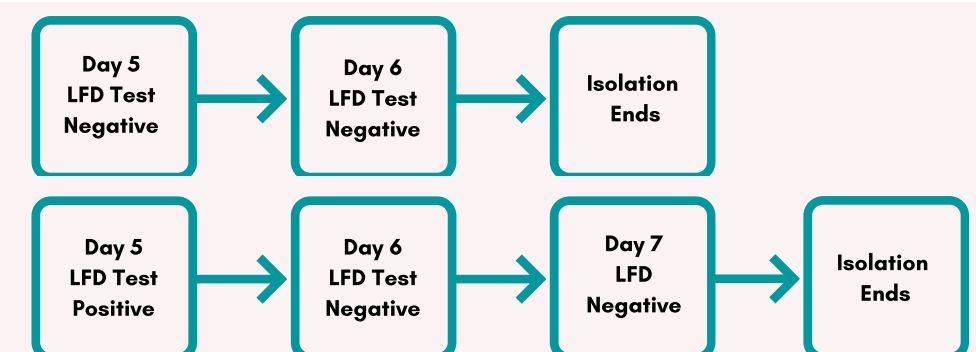
NEW guidance (17.01.22) states that the isolation period can be reduced to 5 full days if they take LFD tests on days 5 and day 6, at least 24 hours apart, and if both tests are negative, they can leave self-isolation on day 6, provided they do not have a fever/high temperature.

However, they must stay in isolation until they have had 2 consecutive LFD negative tests and taken on separate days or until Day 10. If they decide not to carry out LFD testing, they should continue with their self-isolation for the full 10 days.

Children aged 0 to 5 years should isolate for 10 days, but parents have the discretion of doing LFD tests on Days 5 & 6 if they want their child to end isolation earlier.

If anyone else in the household becomes unwell and tests positive, they will need to restart/start their isolation. The rest of the family who may of been isolating and/or LFD testing, do not need to extend their isolation period.

When isolation ends the child/young person or staff member can return to their setting, providing they have no fever/raised temperature. Restart twice weekly LFD home testing in secondary aged pupils and staff members.



Note: The LFD test guidance no longer stipulates that 2 consecutive LFD tests should be taken **at least 24 hours apart**. For example, if symptoms started at any time on the 15th of the month (or if the case was asymptomatic but their first positive COVID-19 test was taken on the 15th), they may take two daily LFD tests from the 20th. If LFD test results are negative on the 20th and 21st, and they do not have a high temperature, then the case will be able to end their isolation period after the negative test result on the 21st.

CLOSE CONTACTS

Household/close contacts who are fully vaccinated or under 18 years 6 months should do daily LFD tests for 7 days. The daily LFD should be done before leaving home for the first time each day. If during this time the LFD test is positive, the individual must self-isolate as a positive case.

Children aged 0 to 5 years who are contacts of someone who tests positive are exempt from self-isolation and do not need to take part in daily LFD testing. They will be advised to take a PCR test if they are a household contact.

Household/close contacts only need to self-isolate for 10 days if they are over 18 years & 6 months and have not been fully vaccinated.

Unvaccinated adult household/close contacts must isolate for 10 days.

INFORMATION

With the emergence of the highly transmissible Omicron Variant, we continue to ask families/children to wash hands regularly, keep spaces well ventilated, wear face coverings (if aged 11 and over) in crowded public indoor areas, maintain distance, get vaccinated and take LFD tests prior to meeting people outside your household.

- **Face covering** are to be worn by everyone over the age of 11yrs, unless exempt on transport to and from educational settings. Secondary school pupils to wear face coverings in classrooms and communal areas.
- **LFD = Lateral Flow Device tests** are rapid tests that can be used at home and the result is available within 30 minutes.
 - LFD tests are used for identifying Covid-19 infection where there are no symptoms. **If you have NEW symptoms always book a PCR test** <https://www.gov.uk/get-coronavirus-test>. Always follow the instructions on the pack as there are different types of LFD tests. Report LFD test results: <https://www.gov.uk/report-covid19-result>.
 - LFD tests are safe to use in pregnancy.
 - LFD tests are not recommended for children under 5 years of age but can be used at parent/carer discretion.
- **PCR test = polymerase chain reaction tests** can be booked online and are sent to a lab for the result.
 - If you have previously received a positive Covid-19 PCR test result within the last 90 days and you are identified as a contact of someone with Covid-19 you should not take a PCR test. You should only take a PCR test if you develop any NEW symptoms of Covid-19.
- If you have had a Covid-19 vaccination you should take part in the LFD testing as you may still transmit the virus.
- If you have had a recent nosebleed, or have a nose piercing, use the other nostril to swab for the LFD Test.

How five-day isolation rule works in England

