

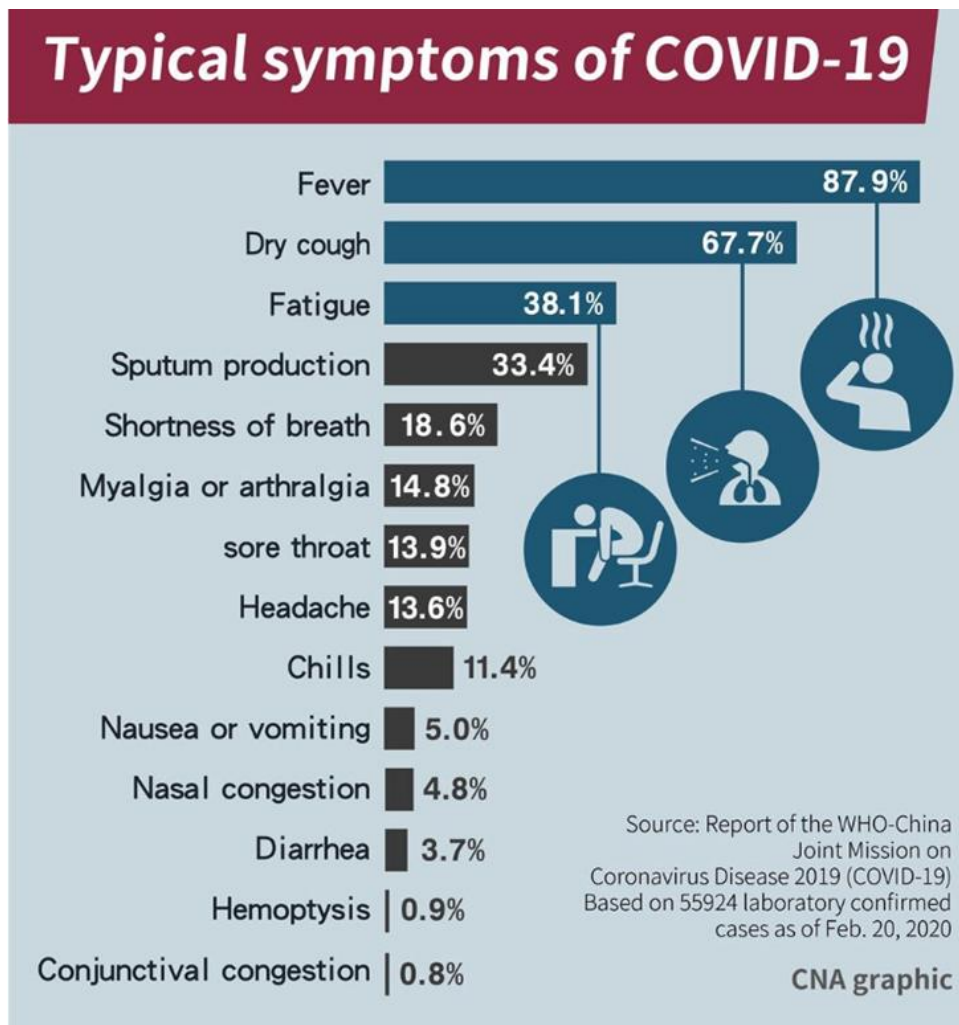
Keeping you safe: If you or your household contacts have symptoms of Coronavirus (COVID-19)

We all need to remain vigilant by watching out for symptoms of coronavirus. For most people coronavirus will be a mild illness. The symptoms are:

- a new, continuous cough or worsening of a cough,
- and/or high temperature
- and a loss of, or change in, normal sense of taste or smell

There is a large picture of symptoms associated with COVID-19 including fatigue (reported to affect 38.1% of people infected), a sore throat, headache and others (figure 1). Therefore if in doubt – **remain at home and book a test.**

Figure 1. Reported symptoms of COVID-19



Only send close contacts to self-isolate following positive test results?

As we run up to the winter period there are many children developing symptoms similar to that of COVID-19, this happens every year and even more so when the new school year starts. Therefore, those with symptoms may not be COVID-19 cases, they may be the usual cold we have seen in previous years in children as their immune system develops.

If a child is reported to have symptoms of COVID-19 we do not send any children who could be close contacts home until the child with symptoms has been tested and confirmed as a positive COVID-19 case.

What do my test results mean?

Please also inform the school that you are going for a test and any test result as soon as you receive them.

If results are: Negative (as long as you are not a close contact of a positive case)-

- You can return to school/work/usual activities when you are well and have not had a temperature for at least 48 hours)
- All household contacts can return to school/work/usual activities immediately

If results are: Positive

- All positive cases must stay off work/away from school for at least 10 days (until well and they have not had a temperature for at least 48 hours);
- Let the school know as soon as you find out your test result, the school will want to start to gather information regarding close contacts of the staff member or child.
- Household members of those positive should isolate for 14 days, this starts from the first day symptoms started, or the day of the test (if the test was taken in the absence of symptoms). This means household members should not go to work, school or public areas and exercise should be taken within the home. This will greatly reduce the possibility of spreading the virus
- Where possible, arrange for anyone who is clinically vulnerable or clinically extremely vulnerable to move out of your home, to stay with friends or family for the duration of your home isolation period
- The action now is that close contacts of those positive should be identified and sent home to self-isolate for 14 days

What do you mean by close contact?

- **Direct close contacts:** exposure within 1 metre for 1 minute or longer, such as:
 - Face to face contact with a case for any length of time, within 1m.
 - Being coughed on,

- a face to face conversation,
- unprotected physical contact (skin to skin). This includes
- **Proximity contacts:** Extended close contact; within 2m for more than 15 minutes
- **Travelled in a small vehicle with a case**

[See National Guidance on Close Contacts definition.](#) (Updated 12/08/2020) This is now available in multiple languages.

What happens if someone self-isolating as a close contact then develops symptoms?

- If anyone isolating develops symptoms of COVID-19, they should book a test immediately.
- They should inform the school they have symptoms, are being tested and any test result as soon as they receive them.
- All other household members must now isolate and not leave home until the result of the test.

If the test is positive:

- Treat as a case above, moving from the 14 day isolation to the 10 day isolation, starting from the first day of symptoms.
- Your household (and any close contacts) will need to isolate for 14 days. The 14 day period starts from the day when the first person in the household became ill.
- Contact the school and inform them if further contact tracing needs to occur.

If the test is negative:

- If the test result is negative, due to being a close contact of someone who tested positive they still need to isolate for 14 days. As long as they are well they can return to school after that time.
- Everyone in your household can stop isolating following the negative test.