

COVID-19 Guidance for Parents/Carers in Central Bedfordshire Education Settings: 17.01.22

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 include: upset stomach, headache, sore throat, unusual fatigue, aching limbs, cold-like symptoms.

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

<https://www.gov.uk/get-coronavirus-test>
Alternatively a PCR test can be ordered by phone on: **NHS 119**

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 2nd 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**.

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 and their household must follow

[Government guidance on self-isolation](#).

Anyone aged 5 years and over, who has been identified as a close contact of someone with COVID-19 and who is not legally required to self-isolate, is now strongly advised to take an LFD test every day for 7 days, or until 10 days since their last contact with the person who tested positive for COVID-19 if this is earlier. If any of these LFD tests are positive they should self-isolate and book a PCR test.

Under 5s are exempt from regular LFD testing and self-isolation as a close contact. If they develop symptoms they should isolate and go for a PCR test.

CONFIRMED case following a Positive LFD Test

Positive LFD Test Result

Inform setting of positive result. Young person and their household must follow

[Government guidance on self-isolation](#)

From **11th January 2022** people who receive a positive LFD test results for COVID-19 will be required to self-isolate immediately and **won't be required to take a confirmatory PCR test**.

Those with symptoms of COVID-19 are strongly advised to take a PCR test, not an LFD test.

If someone with symptoms has already taken an LFD test for any reason and the result is positive, they **do not need to take a confirmatory PCR test**.

For **symptomatic cases**, the day the symptoms began is **DAY 0**
For **asymptomatic cases**, the date of the **registered positive test** is **DAY 0**

At the end of self-isolation 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 (as they are not exempt from isolation), and remain well, they will **not need to extend their isolation period** after completing their 10 days self-isolation.

- 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 in communal areas, in classrooms and 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 PCR, **unless you develop new symptoms**. However, it is now recommended that you take part in regular LFD testing within the 90 day period. If an LFD test returns a positive result you must follow Government Guidance and isolate immediately.
- If you have had a COVID-19 vaccination, you should still take part in LFD testing as you may still transmit the virus.