

## EFFECTIVE MANAGEMENT OF COVID-19

If you, or anyone in your household, has any symptoms of COVID-19 do not leave the house and book a PCR test immediately. Tests can be booked at <https://www.gov.uk/get-coronavirus-test>. Alternatively call 119 if you do not have access to the internet.

Symptoms can be; a high temperature, a new continuous cough, loss of your sense of smell or taste. Some children also experience symptoms similar to the flu such as headaches and upset stomach.

**DO NOT SEND YOUR CHILDREN TO SCHOOL/COLLEGE/NURSERY/CHILDMINDER WHILE AWAITING THE TEST OR THE TEST RESULTS. DO NOT GO TO WORK/SHOPPING/VISITING FAMILY OR FRIENDS. THE HOUSEHOLD MUST BEGIN SELF-ISOLATION IMMEDIATELY.**

If you, or anyone in your household, have taken a Lateral Flow Device (LFD) test and have received a positive result **you and your household must begin self-isolating immediately**. Book a PCR test to confirm the results. PCR tests can be booked at <https://www.gov.uk/get-coronavirus-test>. Alternatively call 119 if you do not have access to the internet.

Ensure you inform your school/college/nursery/childminder that you have received a positive LFD test result. Your setting will begin contact tracing so ensure to tell them as a priority.

### **POSITIVE PCR RESULT**

If you receive a positive PCR result, then you, your household and all of your close contacts must continue to self-isolate for the full 10-days self-isolation period.

Ensure you inform your school/college/nursery/childminder that you have received a positive PCR result. The setting will now begin/continue contact tracing immediately and all close contacts will be asked to **self-isolate and book a PCR test**.

Settings must inform the local Public Health team of **ALL** positive cases via the online notification form.

### **ISOLATION PERIODS**

If you, or your household member was **symptomatic** then you begin counting your isolation period from the day your symptoms started. That day is classed as Day 0 and then you must isolate for 10 full days after this date. You can end self-isolation at midnight of the 10<sup>th</sup> day. Your household members must also follow these self-isolation dates.

If you, or your household member was **asymptomatic** and tested positive via an LFD or PCR test then you begin counting your isolation period from the day of the positive test. That day is classed as Day 0 and then you must isolate for 10 full days after this date. You can end self-isolation at midnight of the 10<sup>th</sup> day. Your household members must also follow these self-isolation dates.

### **NEGATIVE PCR RESULT**

If the person who has taken the LFD test subsequently receives a negative PCR result, they and their household can end self-isolation and return to their school/college/nursery/childminder.

**If you are a close contact of a confirmed positive case and you have taken an LFD or PCR test, a negative result DOES NOT mean you can end self-isolation. All close contacts of a confirmed positive case MUST complete the full 10-day isolation period.**

At the end of the isolation period, if you're feeling well, you can return to your school/college/nursery/childminder.

If household members and close contacts have not developed any COVID-19 symptoms, they can end their self-isolation at the end of the isolation period.

If any household members or close contacts develop COVID-19 symptoms during the self-isolation period, then they must book a PCR test immediately.

If any household members or close contacts take an LFD test and tests positive during the isolation period, then they must book a PCR test immediately.

**Remember a negative PCR or LFD test does not release you from self-isolation early!**