



## Advice for individuals with suspected COVID-19 symptoms

This advice is based on the government guidance (updated 7th August) for the full opening of schools set out in section one, Public Health advice to minimise risks:

<https://www.gov.uk/government/publications/actions-for-schools-during-the-coronavirus-outbreak/guidance-for-full-opening-schools>

There is also an official easy to read guide at:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/906663/20203007 Easy read household isolation v3.1.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/906663/20203007_Easy_read_household_isolation_v3.1.pdf)

### A person with symptoms

If anyone becomes unwell with a new and persistent cough or a high temperature, or has a loss of, or change in, their normal sense of taste or smell (anosmia), **then they** must be sent home and advised to follow <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>, which sets out that they should self-isolate for at least 10 days and should arrange to have a test to see if they have coronavirus.

A test can be arranged at: <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/>

All children can be tested, including children under 5, but children aged 11 and under will need to be helped by their parents/carers if using a home testing kit

### Other members of the household of a person with symptoms

If a person becomes unwell with a new, continuous cough or a high temperature, or has a loss of, or change in, their normal sense of taste or smell (anosmia), **then other members of their household (including any siblings)** should self-isolate for **14 days** from when the symptomatic person first had symptoms

If a person with symptoms **tests negative** and if they feel well and no longer have symptoms similar to coronavirus (COVID-19), **then they** can stop self-isolating.

They could still have another virus, such as a cold or flu – in which case it is still best to avoid contact with other people until they are better.

*Other members of their household* can stop self-isolating.

If a person with symptoms **tests positive**, **then they** should follow the stay at home guidance: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>, and must continue to self-isolate for at least **10 days** from the onset of their symptoms and then return to school only if they do not have symptoms other than cough or loss of sense of smell/taste - this is because a cough or anosmia can last for several weeks once the infection has gone.

If they still have a high temperature, they should keep self-isolating until their temperature returns to normal.

**Other members of their household** should continue self-isolating for the **full 14 days**.

## A person who is sent home because they have been in contact with someone with who has tested positive

Schools must take swift action when they become aware that someone who has attended has tested positive for coronavirus (COVID-19). Schools should contact the local health protection team. This team will also contact schools directly if they become aware that someone who has tested positive for coronavirus (COVID-19) attended the school – as identified by NHS Test and Trace.

The health protection team will carry out a rapid risk assessment to confirm who has been in close contact with the person during the period that they were infectious, and ensure they are asked to self-isolate.

**Close contact** means:

- direct close contacts - face to face contact with an infected individual for any length of time, within 1 metre, including being coughed on, a face to face conversation, or unprotected physical contact (skin-to-skin)
- proximity contacts - extended close contact (within 1 to 2 metres for more than 15 minutes) with an infected individual
- travelling in a small vehicle, like a car, with an infected person

The health protection team will work with schools in this situation to guide them through the actions they need to take. Based on the advice from the health protection team, schools must send home those people who have been in close contact with the person who has tested positive, advising them to self-isolate for 14 days since they were last in close contact with that person when they were infectious.

**If** a person has been in close contact with someone who has tested positive and is sent home to self-isolate for 14 days, **then** *their household* does not need to self-isolate, unless the person who is self-isolating subsequently develops symptoms.

**If** a person who has been in contact with someone who has tested positive subsequently *develops symptoms themselves* within their 14-day isolation period, **then** they should follow: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection> - stay at home and get a test.

**If** the test delivers a *negative result*, **then** they must remain in isolation for the remainder of the 14-day isolation period. This is because they could still develop the Coronavirus (COVID -19) within the remaining days.

**If** the test delivers a *positive result*, **then** they (or their parent in the case of a child) should inform the school immediately and should isolate for at least 10 days from the onset of their symptoms (which could mean the self-isolation ends before or after the original 14-day isolation period).

**If** the test delivers a *negative result*, **then** *their household* can stop self-isolating if they do not have the symptoms.

**If** the test delivers a *positive result*, **then** *their household* should self-isolate for at least 14 days from when the symptomatic person first had symptoms, following: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

## **Two or more confirmed cases within 14 days**

If schools have two or more confirmed cases within 14 days, or an overall rise in sickness absence where coronavirus (COVID-19) is suspected, they may have an outbreak, and must continue to work with their local health protection team who will be able to advise if additional action is required.

In some cases, health protection teams may recommend that a larger number of other pupils self-isolate at home as a precautionary measure – perhaps the whole site or year group. If schools are implementing controls from this list, addressing the risks they have identified and therefore reducing transmission risks, whole school closure based on cases within the school will not generally be necessary, and should not be considered except on the advice of health protection teams.

In consultation with the local Director of Public Health, where an outbreak in a school is confirmed, a mobile testing unit may be dispatched to test others who may have been in contact with the person who has tested positive.

Testing will first focus on the person's class, followed by their year group, then the whole school if necessary, in line with routine public health outbreak control practice.

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1<sup>st</sup> September 2020