

COVID-19 Guidance for Parents/Carers in Bedford Borough Education Settings From 7th June 2021

For any **SUSPECTED** or **CONFIRMED** case of COVID-19 in a young person please follow the flow chart below.

SUSPECTED case if child/young person has 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 in children include upset stomach, headache, sore throat, unusual fatigue

Book a **PCR test** as soon as possible online via the website www.nhs.uk/coronavirus.
Alternatively a PCR test can be ordered by phone on **NHS 119** for those without the internet.

Ensure child/young person/staff member isolates at home for **10 days**. The rest of the household also needs to isolate for **10 days**.

Result of test (notify setting as soon as possible).

NEGATIVE

POSITIVE

Young person can return to setting once well. Household contacts can stop isolating.

CONFIRMED case(s) following Positive PCR Test

Positive PCR Result
Inform the setting.
Young person, close contacts and their household must self-isolate for 10 days.

Ensure young person isolates at home for **10 days, along with their household**.
For **symptomatic** cases the day the symptoms began is DAY ZERO. You need to add 10 further days after day zero.
For **asymptomatic** cases the date of the test is DAY ZERO. You need to add 10 further days after day zero.

Isolation ends the day after day 10 – the child can return to the setting, if well, and their household can stop isolating.
If the young person still has a fever, diarrhoea or are being sick, they should continue to isolate until 48hrs after symptoms – as per usual sickness protocol

If anyone else in the household becomes unwell and tests positive for Covid-19 they will need to restart their 10 day isolation. The rest of the family does not need to extend their isolations after completing the 10 days.

CONFIRMED case(s) following a Positive LFD Test

Book a PCR test **WITHIN 2 DAYS** of positive LFD - Online at www.nhs.uk/coronavirus or 119.
Young person, close contacts and their household must self-isolate whilst waiting for the result.

Negative PCR Result
Young person, close contacts can stop isolation and can return to setting and their household can stop isolating.
Inform the setting. Restart twice weekly LFD home testing.

- LFD test = Lateral Flow Device tests are rapid tests that can be used at home and the result is available after 30 minutes
- PCR test = polymerase chain reaction test that 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 both PCR and LFD within 90 days of a positive PCR test result, unless you develop new symptoms. Individuals may choose to take a LFD test after the isolation period.
- LFD tests are used for identifying Covid-19 infection where there are no symptoms and should **not** be used if you have any symptoms.
- LFD tests are safe to use in pregnancy.
- If you have had a Covid-19 vaccination you should still take part in the LFD testing as you may still transmit the virus.
- If you have been identified as a close contact of a positive case, a negative LFD test does not mean you can stop isolating.
- If you have had a recent nosebleed, or have a nose piercing use the other nostril to swab for the LFD test.