# COVID-19 Guidance for Parents/Carers in Milton Keynes – Schools & Settings From 23<sup>rd</sup> August 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 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 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.

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Ensure child/young person isolates at home for **10 days** until test result.

#### \*Who else needs to isolate?

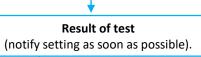
The rest of the household <u>does not</u> need to isolate if they are :

- Under 18 and 6 months and/or
- Double vaccinated and/or

NEGATIVE

- Part of a COVID Vaccine trial and/or
- Can not have a COVID vaccine for medical reasons (as confirmed by a medical professional).

If <u>none</u> of the above apply then the household contacts <u>must</u> isolate for **10 days** until test result.



POSITIVE

CONFIRMED case(s) following a Positive PCR Test

## **Positive PCR Result**

Inform the setting of positive PCR. Young person must self- isolate for 10 days.

## The rest of the household <u>does</u> <u>not</u> need to isolate if they are:

- Under 18 and 6 months and/or
- Double vaccinated and/or
- Part of a COVID Vaccine trial and/or
- Can not have a COVID vaccine for medical reasons (as confirmed by a medical professional).

If <u>none</u> of the above apply then the household contacts <u>must</u> isolate for **10 days**.

## CONFIRMED case(s) following a Positive LFD Test

#### **Positive LFD Result**

Inform setting of positive LFD Take a PCR test <u>WITHIN 2 DAYS</u> of positive LFD - Online at <u>www.nhs.uk/coronavirus or 119</u>. Young person and eligible close contacts\* must self-isolate whilst waiting for the result.

#### **Negative PCR Result**

Young person and eligible close contacts\* can stop isolation and can return to the setting. Restart twice weekly LFD home testing in secondary aged pupils.

Ensure young person isolates at home for **10 days**, along with any members of their household who are **over 18 yrs & 6 months and have not had 2× COVID vaccines.\*** 

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 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 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/start their 10 day isolation. The rest of the family who have been isolating\*, do not need to extend their isolations after completing the 10 days.

Young person can return to setting once well. Any household contacts can stop isolating\*.

- We continue to ask families/children to wash hands regularly, keep spaces well ventilated, wear masks in crowded, public indoor areas.
- Masks are to be worn on transport to and from educational settings.
- 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 <u>not</u> 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 an eligible 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.