

COVID-19 Guidance for Parents/Carers in Central Bedfordshire Education Settings: 25.02.22

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**

Advise that the young person stays at home **until PCR test result is known**

The rest of the household **does not** need to isolate but should follow Government Guidance for close contacts:

[Covid 19: people with covid-19 and their contacts](#)

Result of test

(Notify setting as soon as possible)

NEGATIVE

POSITIVE

Young person can return to setting once well.

CONFIRMED case(s) by either Positive PCR Test or Positive LFD Test

Positive PCR Test Result

Inform the setting of positive PCR test result. Young person and their household should follow:

[Covid 19: people with covid-19 and their contacts](#) guidance

If you have COVID-19, you should stay at home while you're infectious to others.

This can be for up to 10 days from when your symptoms start. Many people will no longer be infectious to others after 5 day

You can do a rapid lateral flow test from 5 days after your symptoms started (or the day you had the test if you do not have symptoms) and another the next day.

If both tests are negative and you do not have a high temperature, you're less likely to pass COVID-19 to others and you can go back to your normal routine.

If your test result is positive on day 5, you can carry on doing rapid lateral flow tests every day until you get 2 negative test results in a row. If you do not get 2 negative results prior to day 10 then you can end isolation at midnight on day 10.

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

If anyone else in the household becomes unwell and tests positive for COVID-19, they are advised to isolate for the required period of time, as directed on receipt of their test result.

- **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 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.