



Believe, Succeed, Together

FAQ Crib Sheet

Q1. I have symptoms of Covid-19. What should I do?

Do not attend school and self-isolate.

All members of your household will also need to self-isolate.

You need to get a test.

If the test is negative, you and your household members can return to school/work, unless another member of your household develops symptoms.

If the test is positive, you must self-isolate for at least 10 days from the onset of symptoms. If you did not have symptoms, you should self-isolate for 10 days from when you had the test.

If the test is positive, all other household members must self-isolate for 10 days from when you started to self-isolate.

Q2. I have completed the period of self-isolation, but I still have symptoms of Covid-19. Can I attend school?

After 10 days, if you still have a temperature you should continue to self-isolate and seek medical advice. You **do not** need to self-isolate after 10 days **if you only have a cough or loss of sense of smell or taste**, as these symptoms can last for several weeks after the infection has gone.

Q3. A member of my household has symptoms of Covid-19. What should I do?

Do not attend school and self-isolate.

The member of your household who is showing symptoms needs to get a test.

If the test is negative, all members of the household can end the self-isolation, unless another member of the household develops symptoms.

If the test is positive, the household member must self-isolate for at least 10 days from the onset of symptoms.

All other household members must self-isolate for 10 days from when the Covid-19 household member started to self-isolate.

Q4. I live part of the week with one family member and part of the week with another family member. Which is my 'household'?

Given that you live across two households, together they would be a single (extended) household i.e. support bubble.

Q5. I have come in contact with someone who is showing symptoms of Covid-19. What should I do?

You **do not** need to self-isolate unless the person showing symptoms tests positive for Covid-19. You should, however, take extra care in practising social distancing and good hand and respiratory hygiene.

Q6. I have come in contact with someone who has tested positive test for Covid-19. What should I do?

If you are identified as a 'contact' you will be contacted by NHS Test and Trace and instructed to self-isolate for 10 days from the date of your last contact with the person who has tested positive. If you have not been contacted, you do not need to self-isolate.

Q7. I have come in contact with someone who has tested positive test for Covid-19, but I have not been contacted by NHS Test and Trace. What should I do?

You have **not** been identified as a 'contact', so you **do not** need to self-isolate.

If you have concerns about whether you should have been contacted, you can contact [NHS 111 online Covid-19 Service](#) and seek further guidance.

Q8. I have been tested for Covid-19 but recorded a 'unclear, void, borderline or inconclusive' test result. What should I do?

You should continue to self-isolate and arrange another test **within 5 days** of the onset of symptoms.

Q9. Should I get a test for Covid-19, even if I do not show any symptoms?

Generally, no. The government guidance regarding [Covid-19 Testing](#) is very clear that only those individuals showing symptoms of Covid-19 should get tested.

The reason for this is two-fold:

- The period between contracting coronavirus and displaying symptoms (for those who do show symptoms) can be anywhere from 0-5 days. If a person who is infected with Covid-19 (and **does not** show symptoms) has a test at a **very early stage of exposure**, they are likely to record a 'false negative' due to a small viral load.
- A person who previously contracted Covid-19 (possibly weeks ago but did not show any symptoms) may still record a positive result even though they are no longer infectious. This could lead to other individuals ('contacts') having to self-isolate unnecessarily.

In some instances, yes. In areas of high infection, local authorities may advise that individuals are 'mass tested' i.e. people that are asymptomatic should get tested to reduce the potential transmission of Covid-19.

Q10. I have heard about a 'false negative' test result. What is this and what are the implications?

A 'false negative' is when a person tests negative for Covid-19 but is actually infected with the virus. The reason for the negative test result is either caused by a testing error or due to the 'viral load' being too small to be detected.

The period between contracting coronavirus and displaying symptoms (for those who do show symptoms) can be anywhere from 0-5 days. If a person who is infected with Covid-19 (and **does not** show symptoms) has a test at a **very early stage of exposure**, they are likely to record a 'false negative', (due to a small viral load) hence the government advice that people should **only** get a test if they **show symptoms**.

Q11. I have heard about a 'false positive' test result. What is this and what are the implications?

A 'false positive' is when a person tests positive for Covid-19 but is **not** actually infected with the virus. The reason for the positive test result is due to a testing error.

A person would not actually know if they had recorded a 'false positive' unless they were being routinely tested e.g. at least twice a week.

Q12. What happens if my child develops symptoms of Covid-19 and records a positive test result during a school holiday?

The DfE have asked schools to assist NHS Test and Trace during school holidays.

If your child develops symptoms of Covid-19 **within 48 hours of last attending school and subsequently records a positive test result**, please e-mail notify@eastwood.southend.sch.uk

If your child develops symptoms of Covid-19 **after 48 hours of last attending school and subsequently records a positive test result, do not contact the Academy**. Instead, you must contact [NHS Test and Trace](#) and follow their advice.