



*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?**

Yes. As part of strategy to reopen schools, the Government has recommended that **asymptomatic** individuals (i.e. those who are infectious but do not have any symptoms) are regularly tested to help reduce transmission in school and the need for other individuals ('contacts') to self-isolate – refer to [home testing](#).

**Q10. Is testing compulsory? Can my child attend school if they do not agree to partake in regular asymptomatic testing?**

A Covid-19 test is not mandatory and nor is it a condition to access/attend school.

**Q11. What happens if I develop symptoms of Covid-19 and record a positive test result during a school holiday?**

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

If you develop symptoms of Covid-19 **WITHIN 48 hours of last attending school and subsequently record a positive test result**, e-mail [notify@eastwood.southend.sch.uk](mailto:notify@eastwood.southend.sch.uk)

If you develop symptoms of Covid-19 **AFTER 48 hours of last attending school and subsequently record a positive test result**, you must contact [NHS Test and Trace](#) and follow their advice.



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**Q12. I have been issued with lateral flow device (LFD) tests for home testing. Are they reliable? Should I not just get a polymerase chain reaction (PCR) test?**

If you develop symptoms of Covid-19, you should arrange to get a test. This should be a standard PCR test – refer to local [PCR Test Centres](#).

If you are asymptomatic, and record a positive result with a LFD test, you should arrange to get a confirmatory PCR test.

A PCR test is slightly more sensitive than an LDR test i.e. if you have been infected with Covid-19, it will tend to record a positive result regardless of the level of viral load in your body.

A LFD test tends to record a positive result at higher viral loads i.e. when a person is at their most infectious in terms of transmission. A person *may* record a negative result at a lower viral load, but their level of infectiousness (and risk of transmission) would be significantly lower.

**Q13. Do I need to wear a face covering whilst attending school?**

The Government recommends that staff and pupils wear a face covering when moving around the Academy site and in communal areas where social distancing cannot be easily maintained.

From 8<sup>th</sup> March, the Government has recommended that pupils wear face coverings in the classroom where social distancing cannot be easily maintained. This will be in place until 17<sup>th</sup> May.

Staff are required to take a **common-sense** approach to the recommendation i.e. they will remind and encourage pupils to wear a face covering.

Staff are **not** required to wear a face-covering in the classroom where social distancing can be maintained.

Pupils and staff will **not** be required to wear face coverings outside or when eating food in outdoor or indoor communal areas.

The Academy recognises that some staff and pupils will be exempt from wearing a face covering – refer to guidance on [Face Coverings Exemptions](#).