Policy date: 13th January 2022- We are amending the guidance to safeguard all who attend our Nursery

We understand that that the new guidance from government state: 6.2 Household contacts who arenot required to self-isolate

If you live in the same household as someone with COVID-19 you are at significantly higher risk of becoming infected yourself.

If you are fully vaccinated or aged under 18 years, and you live in the same household as someone with COVID-19, you are not legally required to self-isolate. You are also not legally required to self-isolate if you have taken part in or are currently part of an approved COVID-19 vaccine trial or you are not able to get vaccinated for medical reasons.

COVID-19 vaccines reduce the risk of you becoming severely ill if you catch COVID-19. If you are vaccinated against COVID-19 you may still catch it and pass it on to others, even if you do not have any symptoms.

LFD tests are very good at identifying people who have high levels of coronavirus and are most likely to pass on infection to others, even if you do not have symptoms. You are therefore strongly advised to take daily LFD tests during the period you are at highest risk of becoming infected yourself.

If you are aged 5 years and over and live in the same household as someone with COVID-19, and are not legally required to self-isolate, you are strongly advised to:

* take an LFD test every day for 7 days, or until 10 days after the household member who has COVID-19 started their self-isolation period if this is earlier
* take this daily LFD test before you leave your home for the first time that day
* [report your LFD test results](https://www.gov.uk/report-covid19-result) after taking each test – reporting positive LFD test results means that NHS Test and Trace can get in touch with your contacts and advise them on what to do; reporting negative LFD test results helps us understand more about the spread of COVID-19

If you take an LFD test and the result is positive, you should immediately self-isolate to prevent you from passing the infection on to other people and [follow the advice for people who have COVID-19](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection#SymptomsPositiveTest). You do not need to take a follow-up PCR test. (Jan 2022)

Our intent is to be able to protect ourselves and all who come to nursery, so we do not end up having to close due to staff shortages. It is therefore that we are saying that if anyone within your household has any of the covid variants that you do not send your children to Nursery. It is advisable that you also lateral flow test your children ever day of the isolation period as it can take up to five days to manifest.

This policy will be reviewed regularly to ensure best practice for all

Signed

Joanna Swain – Chair of Committee

Carol Lynn – Manager

To be updated as new NHS guidance is received.

**Policy Updated, due to new NHS guidance -August 31st 2022**

**What to do if you've tested positive for COVID-19**

If you have COVID-19, you can pass on the virus to other people for up to 10 days from when your infection starts. Many people will no longer be infectious to others after 5 days.

You should:

* try to stay at home and avoid contact with other people for 5 days
* avoiding meeting [people at higher risk from COVID-19](https://www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/who-is-at-high-risk-from-coronavirus/) for 10 days, especially if their immune system means they’re at higher risk of serious illness from COVID-19, even if they’ve had a COVID-19 vaccine

This starts from the day after you did the test.

If a child or young person aged 18 or under tests positive for COVID-19, they should try to stay at home and avoid contact with other people for 3 days. This starts from the day after they did the test.

Children and young people tend to be infectious to others for less time than adults. If they’re well and do not have a temperature after 3 days, there’s a much lower risk that they’ll pass on COVID-19 to others.

**If you are feeling unwell and do not test positive or test negative for COVID-19**

If you do not feel well enough to go to work and do your normal activities, you should:

* try to stay at home and avoid contact with other people
* avoid meeting [people at higher risk from COVID-19](https://www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/who-is-at-high-risk-from-coronavirus/), especially if their immune system means they’re at higher risk of serious illness from COVID-19, even if they’ve had a COVID-19 vaccine

You can go back to your normal activities if you:

* feel well enough to do so
* do not have a high temperature

You can find [separate guidance for children and young people aged 18 or under on GOV.UK](https://www.gov.uk/guidance/people-with-symptoms-of-a-respiratory-infection-including-covid-19#Children).

**When to seek medical advice**

Go to [111.nhs.uk](https://111.nhs.uk/?utm_source=nhsuk&utm_campaign=nhs_services&utm_content=nhs_111), call 111 or call your GP surgery if:

* you’re worried about your symptoms
* your symptoms get worse

In an emergency, go to A&E immediately or call 999.

**How to avoid passing COVID-19 on to others**

**Do**

* try to work from home if you can – if you're unable to work from home, ask your employer about options available to you
* stay at home if you can – this helps reduce the number of people you have contact with
* avoid contact with [people at higher risk from COVID-19](https://www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/who-is-at-high-risk-from-coronavirus/) for 10 days, especially if their immune system means they’re at higher risk of serious illness from COVID-19, even if they’ve had a COVID-19 vaccine
* follow advice on [how to avoid spreading COVID-19 to people you live with](https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-to-avoid-spreading-coronavirus-to-people-you-live-with/)
* let people who need to come into your home know that you’ve tested positive or have symptoms – they can then take steps to protect themselves, such as wearing a face covering that fits well, staying away from you as much as they can, and washing their hands regularly
* contact your healthcare provider and tell them about your positive test result or symptoms if you’re asked to attend a medical or dental appointment in person
* ask friends, family or neighbours to get food or other essentials for you

**If you leave your home**

If you need to leave your home in the 5 days after your positive test result or while you're feeling unwell, you can take steps to avoid spreading COVID-19.

**Do**

* wear a face covering that fits snugly against your face and has more than 1 layer
* avoid contact with [people at higher risk from COVID-19](https://nhsuk-cms-test-and-trace-drafts.nhswebsite-dev.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/), especially if their immune system means they’re at higher risk of serious illness from COVID-19, even if they’ve had a COVID-19 vaccine
* avoid indoor or crowded places (including public transport or large social gatherings) or where there is not much fresh air
* do any exercise outdoors and where you will not be in close contact with other people
* avoid touching your face
* cover your nose and mouth when you sneeze or cough
* wash your hands with soap and water for 20 seconds, or use hand sanitiser, after you cough, sneeze or blow your nose, and before you eat and handle food

Information:

**More information**

The NHS aim to update advice in October 2022

Reviewed by Carol Lynn 28/09/22