

WHAT TO DO IF...

This poster is a summary of guidance of what to do if you or a household member has COVID-19 symptoms or you've been in contact with a confirmed case. It is intended as a quick reference, but you should read the full guidance linked at the bottom of each column. If in doubt, contact your school HR manager.

YOU HAVE SYMPTOMS OF CORONAVIRUS

If you have coronavirus symptoms:

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

Inform school ASAP

Get a test now

www.gov.uk/get-coronavirus-test

Follow 'stay at home: guidance for households with possible or confirmed coronavirus infection'
www.bit.ly/stayathomeguidance

www.gov.uk/get-coronavirus-test

SOMEONE IN YOUR HOUSEHOLD HAS SYMPTOMS

If someone in your household develops symptoms, they get a test. Other members of their household self-isolate for 14 days from when the symptomatic person first had symptoms.

Inform school ASAP

If the test is negative;

- the person with symptoms can stop self-isolating, but may have another illness
- other members of the household can stop self-isolating

If the test is positive;

- the person with symptoms self-isolates for at least 10 days from symptom onset and follows **stay at home guidance**.
- other members of the household continue self-isolating for the full 14 days

www.bit.ly/stayathomeguidance

YOU'VE BEEN IN CONTACT WITH A CONFIRMED CASE

Contacts who need to self-isolate will be notified and advised accordingly by the NHS Test and Trace service. If you have not been notified, this means you do not need to self-isolate. If your contact is waiting for a test result, you do not need to self-isolate.

If you have been informed that you are a contact of a person who has had a positive test result for COVID-19;

- self-isolate at home for 14 days from the date of your last contact with them.

Inform school ASAP

- **follow the 'stay at home' guidance**
- You are at risk of developing COVID-19 for the next 14 days.
- Even if you never develop symptoms, you can still be infected and pass the virus on without knowing it.
- You should not arrange for testing unless you develop symptoms of COVID-19.
- If you do not have symptoms of COVID-19, other people in your household do not need to self-isolate at home with you.

www.bit.ly/guidanceforcontacts