

Test, Trace and Protect

All staff and pupils are expected to follow the requirements of this programme: to self-isolate if they are identified as close contacts of cases and to obtain a test for COVID-19 if they develop symptoms. All members of their household should follow isolation guidance as provided by the Test, Track and Trace service in the Public Health Agency.

Where an individual has had a negative result, it is important to still apply caution. If everyone with symptoms who was tested in their household receives a negative result, they can return to work providing they are well enough and have not had a temperature for 48 hours.

Where the result is positive, they should follow PHA isolation guidance which currently requires that everyone in your house must stay at home:-

- if you develop symptoms of coronavirus you should arrange to have a test as soon as possible, you will need to stay at home for at least 7 days from the onset of your symptoms;
- if you live with someone who has symptoms or has a positive test, you are a close contact and you will need to stay at home for 14 days from the day the first person in the home started having symptoms, it is important that the full 14 days are completed;
- if you develop symptoms during this 14-day period, you will need to arrange to have a test and if your test is positive you must stay at home for 7 days from the onset of your symptoms (regardless of what day you are on in the original 14-day period);
- 7 days after your symptoms started, if your condition has improved and you have not had a temperature during the previous 48 hours you can complete your period of self-isolation. If you still have a high temperature, keep self-isolating until your temperature returns to normal. You do not need to self-isolate if you just have a cough after 7 days, as a cough can last for several weeks after the infection has gone;
- if you have symptoms and live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else they can stay for the 14 day isolation period;
- it is likely that people living within a household will infect each other or be infected already. Staying at home for 14 days if you are a close contact or 7 days if you have the infection will greatly reduce the overall amount of infection the household could pass on to others in the community.

It is essential that all staff and pupils follow this guidance. By doing so staff and pupils will not only protect themselves but they will also limit the spread of the virus to educational settings and the wider population.