

## COVID-19 information – frequently asked questions.

### What will happen when there is a case of COVID-19 (Coronavirus) in the school/education setting?

- Whole classes will no longer be asked to self-isolate if someone in the class tests positive for COVID-19.
- There will be no requirement for your child to self-isolate **unless your child is identified as a 'high risk' close contact.**
- Children within the same classroom are considered to be 'low risk' close contacts' and do not need to self-isolate or test if there is a positive case within their class.
- If there are multiple cases within one classroom, NHS Ayrshire and Arran's Health Protection Team will risk assess the situation and will notify you if any further actions are required.

### What is a high risk close contact?

Children under the age of 18 will only be identified as a 'high risk' contact if they have had prolonged close contact with a positive COVID-19 case. This includes:

- Same household (e.g. sibling)
- Overnight stays (e.g. sleepover)
- Intimate (e.g. kissing contact)
- Prolonged exposure (e.g. Over 8 hours within the same household as a case)
- Intense social care contacts (e.g. additional care needs)

Test and Protect will notify you by text or phone if your child is a high risk close contact and provide you with the appropriate guidance around isolation.

### Does my child have to isolate if they are a high risk close contact?

Yes. If your child is identified as a **high risk close contact, they will need to self-isolate for 10 days.** This is regardless of age, vaccination status, PCR test result or whether they have recently had a positive PCR.

### What is a low risk contact?

Children under the age of 18 are considered to be low risk contact if they share the same classroom, attend the same clubs (e.g out of school clubs) and shared transport to school (e.g. school bus).

### Does my child have to isolate if they are a low risk close contact?

No. Low risk contacts will **not** be asked to self-isolate or take a PCR test, unless they are symptomatic. However, you may receive a 'Warn and Inform' letter to notify you that someone in your child's class/club has tested positive and asking you to be vigilant for symptoms and **recommend** that your child takes a LFD test.

### **What if there are multiple cases within my child's classroom?**

If there are multiple cases linked to a classroom or club, NHS Ayrshire and Arran's Health Protection team will risk assess the situation and children may be asked to stay off school and isolate until they have received a negative PCR test. If you do not want to have your child tested, they will have to isolate for 10 days from their last date of exposure to the positive case, unless they have tested positive within 90 days.

### **Does my child have to repeat their PCR if they tested positive within 90 days?**

If your child has tested positive within 90 days and are identified as a **'high risk'** close contact (someone within their household is positive, they have had a sleepover with a positive case or they have had intimate contact with a case (e.g. kissing)), they must repeat their PCR and 10 day isolation period.

If your child has tested positive within 90 days and is identified as a 'low risk' contact, for example classroom contact or out school club contact they do not have to repeat their PCR test, providing they are symptom free.

If your child develops new symptoms, we recommend that they repeat their PCR test.

### **Can my child still attend school/ECC if someone in their household tests positive for COVID-19?**

**No, all household contacts of any positive case must self-isolate for 10 days.** This is regardless of age, PCR result and vaccination status. This also applies if your child is considered to be a 'high risk' close contact of a positive case (e.g. if your child has been on a sleepover with a positive case during their infectious period).

### **For adults over age of 18 - Do I need to self-isolate if I have been identified as a close contact?**

If you are identified as a **household contact** you must self-isolate for 10 days **regardless of age, PCR result or vaccination status.**

**If you are a non-household contact aged over 18 and double vaccinated** (this means more than 14 days have passed since receiving your second vaccine dose), you have a **negative PCR** and **ARE NOT symptomatic**, you can end isolation.

**If you are a non-household contact over 18, but not fully vaccinated** you will be required to complete 10 day isolation even if negative PCR.

## How can my child test regularly using lateral flow device (LFD) tests?

- If your child is at secondary school, they can access free LFD tests from the school. This is a choice and is not mandatory for children to do.
- Secondary school aged children (and staff) are encouraged to test twice-weekly, and to record all positive, negative or void results on the online reporting portal at: [www.nhsinform.scot/campaigns/coronavirus-covid-19-report-your-test-result](http://www.nhsinform.scot/campaigns/coronavirus-covid-19-report-your-test-result).

## Can I and the rest of my family access LFD tests?

- You and the rest of your family, including primary school-aged children, can access free test kits through the Universally Accessible Testing programme, which is available to everyone in Scotland. Free at-home LFD test kits are available for collection from COVID test centres or pharmacies, or delivery by ordering online. [www.gov.scot/publications/coronavirus-covid-19-getting-tested/pages/no-covid-symptoms](http://www.gov.scot/publications/coronavirus-covid-19-getting-tested/pages/no-covid-symptoms).

## Can I use LFD tests if I or my child are showing symptoms of COVID-19?

- No, please **do not use LFDs** if you have any symptoms of COVID-19. If you or your child have symptoms of COVID-19, you should isolate and book a PCR test. To book a PCR test visit [www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test) or call the testing helpline on 119.

## What can I do to help stop the spread of COVID-19?

- Please try to get into the habit of testing regularly – twice a week. Staff in all schools and all secondary pupils can pick up test kits from their school. It only takes a few minutes to do the test, and you'll have the result in less than 30 minutes.
- If you are 16 years or over book your COVID-19 vaccination. It's our best defence against COVID-19.
- 16 and 17 year olds can self-register for an appointment sent by text or email, or attend a drop-in clinic: <https://www.nhsinform.scot/vaccineregistration> to register.
- For details of the latest drop-in COVID-19 Vaccination clinics in Ayrshire and Arran, visit <https://www.nhsaaa.net/coronavirus-covid-19/covid-19-vaccination-appointments/>
- Continue to wash your hands regularly with soap and water for at least 20 seconds.
- Be on the lookout for COVID-19 symptoms, if you are concerned; self-isolate and book a PCR test if you feel unwell.

## What are the main symptoms of COVID-19?

The main symptoms of COVID-19 are:

- new cough;
- high temperature (37.8 or above);
- and/or loss of taste and smell.

There may be other milder, hayfever like symptoms which can include sore throat, runny nose, headaches, vomiting and diarrhoea.

## What should I do if my child develops symptoms of COVID-19?

- If your child develops any symptoms of COVID-19, **they must not attend school**. They should stay at home, self-isolate and book a PCR test. To book a PCR test visit [www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test) or <https://www.nhsinform.scot/test-and-protect> or by calling 0800 028 2816.
- All other household members of your child (including yourself) must also stay at home and follow the latest guidance, which can be found on [NHS Inform](https://www.nhs.uk). In the event of a positive result, your household will have to isolate for 10 days. Test and Protect will contact you to provide tailored advice on what to do.

## What if I need further information?

Please visit [NHS Inform](https://www.nhs.uk) for the most up to date guidance and advice.

## What should I do if I need further support (for example financial, social, mental health support) at this time?

If you or someone in your household needs help and support to self-isolate please contact:

National Assistance Helpline on **0800 111 4000** or textphone **0800 111 4114** (Monday to Friday 9am to 5pm).

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