Information sheet for close contacts of PCR positive cases

Booking a test for a close contact who has no symptoms
Close contacts can arrange to have a single PCR test whether or not they have symptoms. This is because close contacts are at a higher risk of being infected. Taking a test will help find as many people with Covid-19 as possible and, by tracing your contacts, help reduce the spread of infection to others.

You should arrange for your child to have this test as soon as possible within the child's ten-day isolation period. You can order a home test kit or book an appointment at a test site. To reduce the risk to others, you should only use a test site if you are unable to use the home PCR testing service. If you go to a test site, strictly observe social distancing advice and return home immediately afterwards. If you order a home test kit you should use it and return it within 48 hours of receiving it.

To book a test, please visit www.gov.uk/get-coronavirus-test. You will be asked to identify whether they have Covid-19 symptoms. If they have no symptoms, you should select 'No' for this answer and proceed through the questions until they get to the question: why are you asking for a test?

- Please select the box that says: *I've been told to get a test by my local council, health protection team or healthcare professional.*
- And then the option that states: *My local council or health protection team has asked me to get a test, even though I do not have symptoms.*
- You can then proceed to book the test.
	Why are you asking for a test?
	
	If you are getting a test for someone you live with, answer for them
	
	◯ I've been in contact with someone who's tested positive for coronavirus
	◯ I was asked to get a test because I visited a venue where others have since tested positive
	◯ I've been told to get a test by my nursery, work or place of education
	⬤ I've been told to get a test by my local council, health protection team or healthcare professional
	
	   ⬤ My local council or health protection team has asked me to get a test, even though I do not have symptoms
	   ◯ A GP or other healthcare professional has asked me to get a test
	
	or
	
	◯ None of the above
	
	[Continue]

If your child has had a positive PCR test in the last 90 days, you do not need to book another one unless they have new symptoms. If your child has had a recent test using a Lateral Flow Device (LFD), we would ask that they still take a PCR test using the process above. The website will provide information on how to take the test and and you will be informed directly of a positive or negative result.

If you agree for your child to be tested and they receive a positive result:

- They must self-isolate, along with your household, and follow the national guidance: COVID-19: guidance for households with possible coronavirus infection - GOV.UK (www.gov.uk).
- Please inform the school of any positive result and also complete NHS Test and Trace so that contacts receive appropriate advice to avoid onward transmission.
- If your child tests negative, they should still continue with their ten-day isolation as a close contact as they could still become infectious and pass the infection onto others.

What to do if your child develops symptoms of Covid-19?

If your child develops symptoms of Covid-19 they need stay at home and self-isolate immediately and get a test through https://www.nhs.uk/ask-for-a-coronavirus-test or by calling 119. Your household needs to isolate too. This includes anyone in your 'Support Bubble'.

If your child tests positive, your child and household need to continue isolating for at least ten days from the date when their symptoms appeared (or date of their positive test if they do not have symptoms). Add your child's details to NHS Test and Trace and inform the school/educational setting so that other close contacts can be identified and advised to isolate.

The isolation period includes the day their symptoms started and the next ten full days. This means that if, for example, symptoms started at any time on the 15th of the month, the isolation period ends at 23:59 hrs on the 25th. In the absence of symptoms, the isolation would start from the date the test was taken and continue for ten days after this. If the person does not have symptoms when testing positive but goes on to develop symptoms, the isolation is extended for ten days after the onset of symptoms as explained here (in the 'if you tested positive' section). If other household members become unwell they need to extend their isolation period as shown in this infographic.

If your child does not get tested they will need to isolate with the household and support bubble for at least ten days from the onset of symptoms.

Household members should not go to work, an educational setting or public areas and exercise should be taken within the home. If you require help with buying groceries, other shopping or picking up medication, or walking a dog, you should ask friends or family or you can order your shopping online and medication online or by phone. There is also support available for those who are self-isolating: https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/help-and-financial-support-while-youre-self-isolating/ Household members staying at home for ten days will greatly reduce the overall amount of infection the household could pass on to others in the community.

Those who are clinically extremely vulnerable should be supported to minimise their contact with other people in the household during this period, regardless of whether others have symptoms or not.

Symptoms of COVID-19
The most common symptoms of coronavirus (Covid-19) are the recent onset of:
- A new continuous cough and/or
- A high temperature and/or
- A loss of, or change in, normal sense of taste or smell (anosmia)

For most people, coronavirus (COVID-19) will be a mild illness
If your child does develop symptoms, you can seek advice from NHS 111 at https://www.nhs.uk/conditions/coronavirus-COVID-19/check-if-you-have-coronavirus-symptoms/ or by phoning 111.

How to stop COVID-19 spreading
There are things you can do to help reduce the risk of you and anyone you live with getting ill with Covid-19:
- Wash your hands with soap and water often – do this for at least 20 seconds.
- Use hand sanitiser gel if soap and water are not available.
- Wash your hands as soon as you get home.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.
- Put used tissues in the bin immediately and wash your hands afterwards.
- Participate in twice weekly LFD testing following national guidelines (recommended for 11 years and over. We encourage you to log your results here: https://www.gov.uk/log-test-site-covid19-results

Further Information
Further information is available at https://www.nhs.uk/conditions/coronavirus-COVID-19/
Further information on rapid lateral flow tests is available at: https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests

Guidance in different languages: https://www.gov.uk/government/publications/COVID-19-stay-at-home-guidance