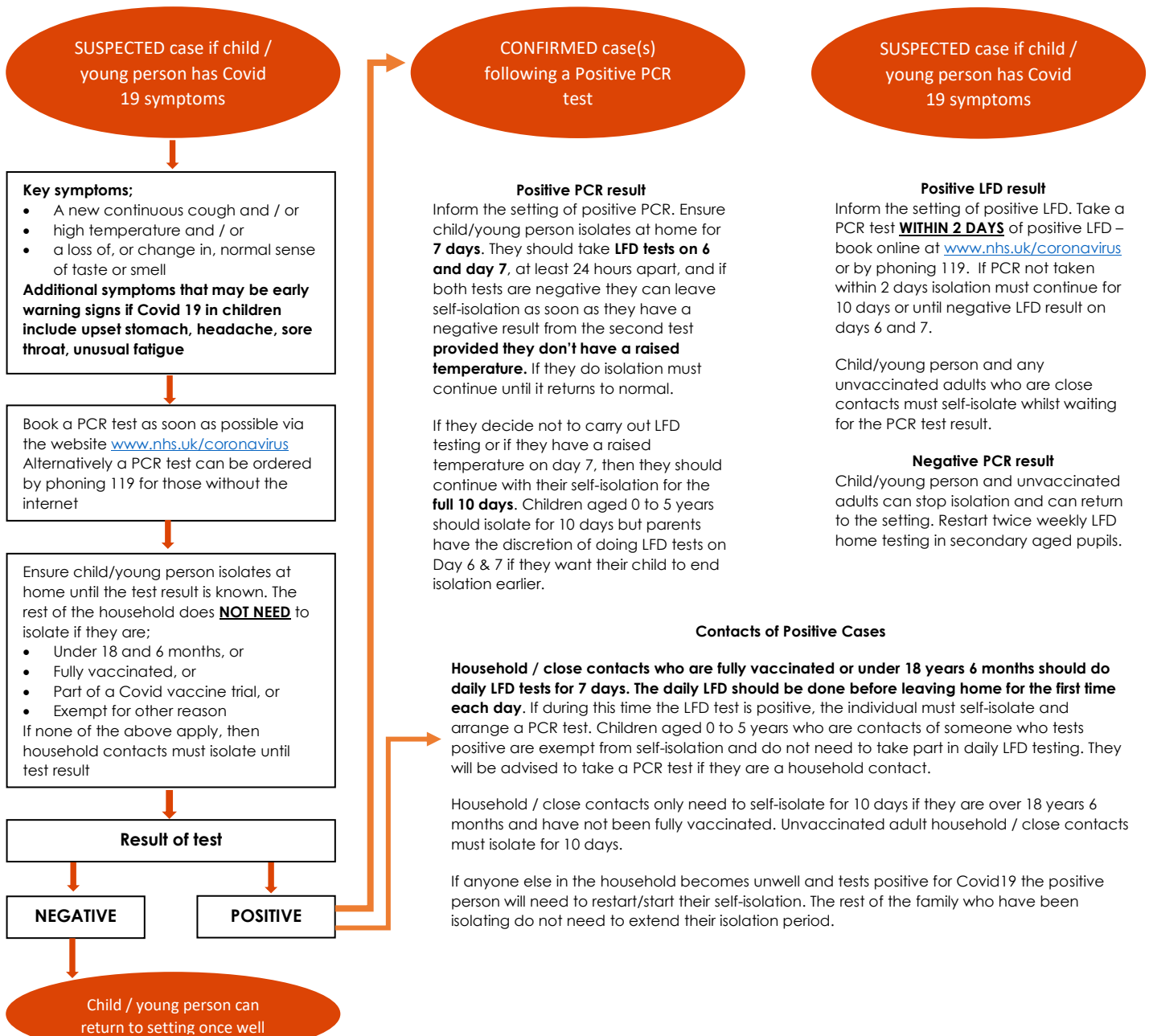




## COVID 19 GUIDANCE FOR PARENTS / CARERS FROM 23<sup>RD</sup> DECEMBER 2021

For any SUSPECTED or CONFIRMED case of Covid 19 in a child / young person please follow the flowchart



- **With the emergence of the highly transmissible Omicron Variant, we continue to ask families/children to wash hands regularly, keep spaces well ventilated, wear face coverings (if aged 11 and over) in crowded public indoor areas, maintain distance, get vaccinated and take LFD tests prior to meeting people outside your household.**
- Face coverings are to be worn by everyone over the age of 11 years unless exempt on transport to and from educational settings.
- LFD test = Lateral Flow Device tests are rapid tests that can be used at home and the result is available within 30 minutes.
- PCR test = polymerase chain reaction test that can be booked online and is sent to a lab for the result
- If you have previously received a positive Covid19 test result within the past 90 days and you are identified as a contact of someone with Covid19 you should not take a PCR test. You should only take a PCR test if you develop any NEW symptoms of Covid19 or if you have a positive LFD test result or if you are required to take a PCR test upon entry into the UK.
- LFD tests are used for identifying Covid19 infection where there are no symptoms. If you have symptoms always book at PCR test.
- LFD tests are safe to use in pregnancy. They are not recommended for children under 5 years of age but can be used at parent / guardian discretion.
- If you have had a Covid19 vaccination you should still take part in the LFD testing as you may still be able to transmit the virus.
- If you have had a recent nosebleed, or have a nose piercing, use the other nostril to swab for the LFD test. Always follow the instructions on the pack as there are different types of LFD test