Staff Covid-19 infection scenarios

Member of staff has <u>symptoms</u> of a respiratory infection, including Covid-19, and has not taken a Covid-19 test:

- If a member of staff has <u>symptoms</u> of a respiratory infection, such as <u>Covid-19</u>, and they have a high temperature or do not feel well enough to go to work or carry out normal activities, they should try to stay at home (speak with the school about options available) and avoid contact with other people, until they no longer have a high temperature (if they had one) or until they no longer feel unwell.
- It is particularly important to avoid close contact with anyone who is at higher risk of becoming seriously unwell if they are infected with Covid-19 and other respiratory infections, especially those whose <u>immune system means that they are at higher risk of serious illness, despite vaccination</u>.
- If attending a medical or dental appointment in person, contact the healthcare provider and let them know about your <u>symptoms</u>.
- Friends, family or neighbours may be asked to get food and other essentials for you.

The following actions will reduce the chance of passing on your infection to others:

- Wearing a well-fitting face covering made with multiple layers or a surgical face mask.
- Avoiding crowded places such as public transport, large social gatherings, or anywhere that is enclosed or poorly ventilated.
- Taking any exercise outdoors in places where you will not have close contact with other people.
- Covering your mouth and nose when you cough or sneeze; wash your hands frequently with soap and water for 20 seconds or use hand sanitiser after coughing, sneezing and blowing your nose and before you eat or handle food; avoid touching your face.

The following actions will reduce the spread of infection in your household:

- Try to keep your distance from people you live with.
- In shared areas wear a well-fitting face covering made with multiple layers or a surgical face mask, especially if you live with people whose <u>immune system means that they are at higher risk of serious illness, despite vaccination</u>.
- Ventilate rooms you have been in by opening windows and leaving them open for at least 10 minutes after you have left the room.
- Wash your hands regularly and cover your mouth and nose when coughing or sneezing
- Regularly clean frequently touched surfaces, such as door handles and remote controls, and shared areas such as kitchens and bathrooms.
- Advise anyone that does need to come into your home that you have <u>symptoms</u>, so they can take precautions to protect themselves such as wearing a well-fitting face covering or a surgical face mask, keeping their distance if they can, and washing their hands regularly.
- <u>GermDefence</u> is a website that can help you identify simple ways to protect yourself and others in your household from Covid-19 and other viruses.

Member of staff has tested positive for Covid-19:

- If you have a positive COVID-19 test result, try to stay at home (speak with the school about options available) and avoid contact with other people for 5 days after the day you took your test. At the end of this period, if you have a high temperature or feel unwell, try to follow this advice until you feel well enough to resume normal activities and you no longer have a high temperature if you had one.
- It is particularly important to avoid close contact (for 10 days after the day you took your test) with anyone who is at higher risk of becoming seriously unwell if they are infected with Covid-19 especially those whose <u>immune system means that they are at higher risk of serious illness, despite vaccination</u>.
- If attending a medical or dental appointment in person, contact the healthcare provider and let them know about your <u>symptoms</u>.
- Friends, family or neighbours may be asked to get food and other essentials for you.

The following actions will reduce the chance of passing on your infection to others:

- Wearing a well-fitting face covering made with multiple layers or a surgical face mask.
- Avoiding crowded places such as public transport, large social gatherings, or anywhere that is enclosed or poorly ventilated.
- Taking any exercise outdoors in places where you will not have close contact with other people.
- Covering your mouth and nose when you cough or sneeze; wash your hands frequently with soap and water for 20 seconds or use hand sanitiser after coughing, sneezing and blowing your nose and before you eat or handle food; avoid touching your face.

The following actions will reduce the spread of infection in your household:

- Try to keep your distance from people you live with.
- In shared areas wear a well-fitting face covering made with multiple layers or a surgical face mask, especially if you live with people whose <u>immune system means that they are at higher risk of serious illness, despite vaccination</u>.
- Ventilate rooms you have been in by opening windows and leaving them open for at least 10 minutes after you have left the room.
- Wash your hands regularly and cover your mouth and nose when coughing or sneezing
- Regularly clean frequently touched surfaces, such as door handles and remote controls, and shared areas such as kitchens and bathrooms.
- Advise anyone that does need to come into your home that you have <u>symptoms</u>, so they can take precautions to protect themselves such as wearing a well-fitting face covering or a surgical face mask, keeping their distance if they can, and washing their hands regularly.
- <u>GermDefence</u> is a website that can help you identify simple ways to protect yourself and others in your household from Covid-19 and other viruses.

Staff member of a close contact of someone who has had a positive test result for Covid-19:

- People who live in the same household as someone with Covid-19 are at the highest risk of becoming infected because they are most likely to have prolonged close contact. People who stayed overnight in the household of someone with Covid-19 while they were infectious are also at high risk.
- If you are a household or overnight contact of someone who has had a positive Covid-19 test result it can take up to 10 days for your infection to develop. It is possible to pass on Covid-19 to others, even if you have no <u>symptoms</u>.

You can reduce the risk to other people by taking the following steps:

- Avoid contact with anyone you know who is at <u>higher risk of becoming severely unwell</u> if they are infected with Covid-19, especially <u>those whose immune system means they are at higher risk of serious illness from COVID-19, despite vaccination</u>
- Limit close contact with other people outside your household, especially in crowded, enclosed or poorly ventilated spaces
- Wear a well-fitting face covering made with multiple layers or a surgical face mask if you do need to have close contact with other people, or you are in a crowded place
- Wash your hands frequently with soap and water or use hand sanitiser
- If you develop <u>symptoms</u> of a respiratory infection try to stay at home and avoid contact with other people and follow the guidance for staff with <u>symptoms</u>.

- If you are a contact of someone with Covid-19 but do not live with them or did not stay in their household overnight, you are at lower risk of becoming infected. There is guidance on protecting yourself and others in living safely with respiratory infections, including COVID-19.

The way that Covid treatment is accessed has now changed

If your medical records currently show that you have a health condition which means that treatment could reduce the chance of you becoming seriously ill from Covid, this needs to be started soon after you begin to experience symptoms. You may have previously been told that the NHS would contact you about treatment once you report a positive Covid test. This is no longer the case.

1. You should keep lateral flow tests at home

You should keep lateral flow tests at home but only use them if you get symptoms. If you do not have any tests, you can order them free of charge from https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests or by calling 119. You can also now use tests purchased from a pharmacy or shop.

From 1 October 2023, the way you access tests may change. You will be able to check Treatments for COVID-19 - NHS (www.nhs.uk) for more information closer to the time.

2. Take a rapid lateral flow test if you get symptoms

If you have any COVID-19 symptoms and what to do - NHS (www.nhs.uk) take a rapid lateral flow test as soon as possible, even if your symptoms are mild.

3. If you test positive for Covid:

You should contact your GP practice, NHS 111 or hospital specialist as soon as possible after you test positive so that they can consider referring you for an assessment for treatment.

More information is available at: Treatments for COVID-19 - NHS (www.nhs.uk)

Following referral from your GP, NHS 111 or your hospital specialist, our local Covid Medicines Delivery Unit (CMDU) will contact you where there will be an assessment carried out by a clinician who will advise and arrange COVID treatment if suitable.

Our North West London CMDU service is based at Chelsea & Westminster Hospital and is available for all highest risk patients, including children who are eligible for COVID treatments and registered with a GP in the North West London boroughs of Brent, Central London, Ealing, Hammersmith & Fulham, Harrow, Hillingdon, Hounslow, West London.

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- Yes
- Neutral
- No

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