

# COVID-19 Guidance for Parents/Carers in Milton Keynes Education Settings From 28<sup>th</sup> Feb 2022

For any **SUSPECTED** or **CONFIRMED** case of COVID-19 in a young person please follow the flow chart below.

**SUSPECTED** case if child/young person has COVID-19 **symptoms**

### Key symptoms:

- A new continuous cough and/or
- high temperature and/or
- a loss of, or change in, normal sense of taste or smell (anosmia).

**Additional symptoms** that may be early warning signs of COVID-19 in children include upset stomach, headache, sore throat, unusual fatigue.

Book a **PCR test** as soon as possible online via the website [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus). Alternatively a PCR test can be ordered by phone on **NHS 119**.

### Ensure child/young person stays at home until test result

The rest of the household are advised to minimise contact with positive case, work from home where possible, avoid contact with vulnerable people, limit close contact with people outside your household, wear a face covering in crowded spaces.

Children, young people who live with someone who are positive can continue to go to their education setting.

### Result of test

(notify setting as soon as possible).

**NEGATIVE**

**POSITIVE**

**Young person can return to setting once well.**

**CONFIRMED** case(s) following a Positive PCR Test

### Positive PCR Result

Inform the setting of positive test. Young person must stay at home.

The rest of the household are advised to minimise contact with positive case, work from home where possible, avoid contact with vulnerable people, limit close contact with people outside your household, wear a face covering in crowded spaces.

Children, young people who live with someone who are positive can continue to go to their education setting.

### Ensure positive young person stays at home for up to 10 days.

ALL children/young people **are advised** to take an LFD test on Days 5 & 6 – 24 hours apart.

2 X negative tests mean they can return to setting following the second test, if they do not have a temperature (see table below).

For **symptomatic** cases the day the symptoms began is DAY ZERO. You need to add 10 further days after DAY ZERO.

For **asymptomatic** cases the date of the test is DAY ZERO. You need to add 10 further days after DAY ZERO.

Repeat for anyone else who tests positive in the household

**CONFIRMED** case(s) following a Positive LFD Test

### Positive LFD Result

You no longer need to take a follow up PCR test.

Report the positive test result online at: [Report LFD result on GOV.UK](https://www.gov.uk/report-lfd-result)  
Inform your setting of the positive result.

### How to safely return to your normal routine before 10 days

Day	How to safely return to your normal routine before 10 days
0*	Stay at home
1-4	Stay at home
5	Take an LFD test <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px;">LFD is <b>negative</b>, stay at home</div> <div style="border: 1px solid black; padding: 5px;">LFD is <b>positive</b>, stay at home</div> </div>
6	Take an LFD test <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px;">LFD is <b>negative</b> return to normal routine**</div> <div style="border: 1px solid black; padding: 5px;">LFD is <b>negative</b>, stay at home</div> </div>
7	Take an LFD test <div style="border: 1px solid black; padding: 5px; text-align: center;">LFD is <b>negative</b> return to normal routine**</div>

\* Day your symptoms started or your test was taken if you do not have symptoms  
 \*\* You can return to your normal routine if you do not have a high temperature