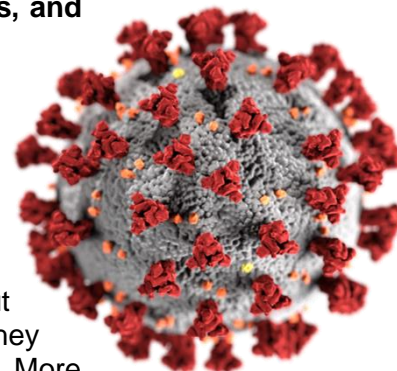


COVID-19 information to guide staff working in schools, colleges, nurseries, and other education settings in dealing with enquiries from parents/carers.

In recent weeks, there has been an increasing number of enquiries from schools regarding COVID-19 testing. Since March 2022 when the final Covid restrictions were lifted, the UK Health and Security Agency (UKHSA) advised that COVID-19 should be managed like other respiratory infections, such as flu, with no requirement to perform an LFT. Pupils and staff with respiratory symptoms such as COVID-19, who have high temperature or do not feel well enough to carry out normal activities, should try to stay at home and avoid contact with others until they no longer have a temperature or feel well enough to return to school or work. More information about the [latest rules for schools, colleges and other nursery settings can be found here](#).



In some cases, individuals who have access to LFT's are likely to check to see if they have COVID-19. If an individual decides to test, they will need to follow the advice outlined below.

What to do if you have a positive COVID-19 test (Children and young people)

It **is not** recommended that children and young people (under 18 years of age) are tested for COVID-19. If, however they do test, the advice is to stay at home and avoid contact with other people for 3 days from the date of the positive test, with the day of the test being day 0. Children and young people tend to be infectious to other people for less time than adults. A child or young person who is a close contact of someone who has tested positive for COVID-19, should continue to attend their education setting as normal.

Respiratory infections are common in children and young people and for most will not be serious. Children and young people with mild symptoms such as a runny nose, sore throat or slight cough, who are otherwise well, can continue to attend their education setting.

What to do if you have a positive COVID-19 test (Adults)

Adults with a positive COVID-19 test should try to stay at home and avoid others for 5 days after the test has been taken. The day the test is taken will be counted as day 0.

Exceptions to the guidance

Individuals at risk of serious illness, such as those who are severely immunocompromised, remain eligible for free COVID-19 testing. Those individuals will have received confirmation from a health professional that they are eligible for testing.

More guidance on [living safely with respiratory infections](#) and [people with symptoms of a respiratory infection](#) can be found by following these links.

Symptoms of COVID-19:

- High Temperature
- Loss or change to your sense of smell or taste
- Shortness of breath
- Headache
- Aching body
- Sore throat
- Blocked or runny nose
- Loss of appetite
- Diarrhoea
- Feeling sick or being sick
- New continuous cough

The symptoms of COVID-19 are similar to illnesses such as influenza and norovirus, and it can be hard to distinguish the differences between these. For more information on how to manage infections in child care and education settings, please refer to the school news bulletin sent at the start of the new academic year or contact the healthprotectionteam@lincolnshire.gov.uk if you have any questions.