

Covid-19 FAQs

What are the main **symptoms** of Covid-19?



A high temperature



AND/OR a continuous dry cough



AND/OR a change or loss of taste and/or smell



Other symptoms are: **tiredness • headaches • sore throat • loss of appetite**

If you develop **symptoms**

- Stay home and self-isolate for ten days from the start of the symptoms.
- Book a test as soon as possible – dial 119 or go online to do this.
- Do not leave home for at least ten days after your test.

Positive test:

- Inform your workplace immediately.
- Continue to self-isolate for at least ten days or until you have no fever, whichever is longer.
- You do not need to continue to self-isolate after ten days if you only have a cough or loss of sense of smell or taste, as these symptoms can last for several weeks after the infection has gone.

Negative test:

- You can return to work as long as:
- You feel well enough and are free of symptoms for 48 hours.
 - Everyone you live with who has symptoms tests negative.

If a household member develops **symptoms**

- They must get tested.
- All other household members should self-isolate for fourteen days.
- Anyone who starts displaying symptoms should get tested and
- Stay at home for at least ten days from when their symptoms appear.

Positive test:

- You must continue 14-day isolation.
- You can return to work after 14 days without symptoms.

Negative test:

- Other members of the household can end isolation if no-one else has developed symptoms.

WORKPLACE ACTIONS

If a member of staff or student develops **symptoms**

- They should be sent home and should book a test as soon as possible.
- Members of their household must self-isolate for 14 days and get tested if they develop symptoms.
- The workplace should inform staff with whom they have been in close contact, so that they can be alert to symptoms.

If a member of staff or student tests **positive**

- Call the DfE Covid Hotline – 0800 046 8687 and select the option for reporting a positive case. Mon to Fri: 8am to 6pm; Sat and Sun: 10am to 4pm.
- Report any positive cases to the Local Authority Public Health teams.
- *Note: Contact tracing is not necessary until there is a positive test and workplaces should only contact DfE Hotline if there is a positive test.*

If you are a close contact for someone who has tested **positive**

- Stay home and self-isolate for fourteen days.
- Book a test if you develop symptoms.

If you are indirectly a contact

- If you are in contact with an asymptomatic person who is isolating due to an exposure you do not need to isolate.

What does self-isolation mean?

- You must not leave your home for any reason.
- This applies to all members of your household.
- Minimise contact with other members of your household.

This is a summary of government and NHS advice, for more detailed advice visit:

www.gov.uk/coronavirus
<https://neu.org.uk/coronavirus>

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When should workplaces consider sending staff or students home?

- If there is a positive test, the workplace may have to send groups of students and staff home.
- This will depend on the number of close contacts.
- Workplaces can seek advice and support from local Public Health teams.
- Only those staff or students who develop symptoms should book a test.