Cumbria County Council

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One minute guide to...

COVID-19

Preventing COVID-19 in education and childcare settings

- Everyone should wash their hands regularly, ideally with warm water and soap.
  E-bug resources can help younger children learning about bugs and hand washing.
- Encourage use of tissues for coughs, sneezes, and runny noses. Bin used tissues straight away.
- Keep indoor areas well **ventilated**.
- Support people to get any **vaccines** they are eligible for.
- Advise those testing positive to stay at home for the **recommended** period of time. If they have a high temperature (regardless of whether or not they have tested), they should stay at home until their temperature is back to normal.
- If someone tests positive for COVID-19, they should limit their contact with people who may be at greater risk (especially if they have a compromised immune system) for 10 days. Anyone with a high temperature should also avoid contact with people at greater risk.

Actions to take to manage cases:

Children and young people aged 0-18 testing positive: Should stay at home for 3 days after testing positive for COVID-19 (with the day of the test being counted as day '0'). They can return to the setting on **day 4** after testing positive for COVID-19 as long as they do not have a high temperature and feel well enough to do so.

Adults aged 19+ testing positive: Should stay at home for 5 days after testing positive for COVID-19 (with the day of the test being counted as day '0'). They can return to the setting on **day 6** after testing positive as long as they do not have a high temperature and feel well enough to do so.

What if someone is still testing positive on the day they are due to come back into the setting, for example, if a member of staff is still testing positive on day 6 following their first positive test?

The national guidance advises that children and adults can return to the setting at the end of the recommended stay at home period, even if they are still testing positive. The reason given is that most people will no longer be infectious by this point. But, if the person has a high temperature, they should continue to stay at home until their temperature is back to normal. Also, if someone is still feeling too unwell to attend the setting / work, then they should stay at home until they feel well enough to return.

Individuals returning to your setting who have tested positive should avoid close contact (or sharing poorly ventilated indoor space) with people at higher risk from COVID-19 for 10 days (with the day of their first positive test being counted as day '0'). They should especially avoid contact with people who have a compromised immune system, which means they're at higher risk of serious illness from COVID-19.

Further Information:

- NHS Advice: **What to do if you have coronavirus (COVID-19) or symptoms of COVID-19 - NHS (www.nhs.uk)**
- The latest UKHSA guidance on **living safely with respiratory infections, including COVID-19.**
- National guidance for those at higher risk: **https://www.gov.uk/government/publications/covid-19-guidance-for-people-whose-immune-system-means-they-are-at-higher-risk/covid-19-guidance-for-people-whose-immune-system-means-they-are-at-higher-risk**

Please email the Education Infection Prevention and Control team if you have any further queries about COVID-19 at:
EducationIPC@cumbria.gov.uk   Feb 2023