

# Local Outbreak Prevention, Preparedness and Control

A guide for schools and early years settings

The information in these slides was correct as  
of 08/07/20.

COVID-19 contact tracing is a rapidly evolving  
area and guidance is subject to change

Public Health  
July 2020

# Who is this guide for?

- These slides are for **schools and early years (EY) settings** so they can prepare for NHS Test and Trace and know how to respond if there are cases or outbreaks of coronavirus in their setting.

# What will be covered?

- What is contact tracing and how does it work?
- Actions for schools and EY settings in response to NHS Test & Trace
  - Preparation
  - If a person has symptoms
  - If a person has confirmed coronavirus

**What is contact tracing and how does it work?**

# What is contact tracing?

- Contact tracing is process to trace close recent contacts of anyone who tests positive for a disease and, if necessary, to notify them that they must self-isolate at home to help stop the spread of the disease.
- **NHS Test and Trace** is the name for the NHS contact tracing service for coronavirus.

## 1 Testing

Anyone who has symptoms of coronavirus should book testing with NHS Test and Trace (ideally within 3 days of onset of symptoms) to see if they have the virus

## 2 Identify close contacts

NHS Test and Trace contacts all individuals with a positive test result asking them to share information on their close contacts in the 48 hours before symptoms started until 7 days after symptoms started

## 3 Alert close contacts

NHS Test and Trace anonymously alerts contacts identified advising them to self-isolate for 14 days to help stop the spread of the virus

# What is a close contact?

- A 'close contact' is a person who has been close to someone who has tested positive for coronavirus (COVID-19) while they are infectious. People are considered infectious from 48 hours before symptom onset until 7 days after symptom onset.



Close contact includes:

- Household contacts: overnight contacts/ people who spend significant time in the same household as a person who has tested positive
- Face-to-face contact (within 1 metre) with someone who has tested positive, including: being coughed on, having a face-to-face conversation, or having skin-to-skin physical contact, or any contact within 1 metre for 1 minute or longer without face-to-face contact (unless a person was protected by PPE)
- a person who has been between 1 and 2 metres for more than 15 minutes from someone who has tested positive (unless a person was protected by PPE)
- a person who has travelled in a small vehicle or on a plane near someone who has tested positive

# What is self-isolation?

- Self-isolation is when you stay at home because you have or might have coronavirus (COVID-19).
- This helps stop the virus spreading to other people.

# When to self-isolate?

## **If you think you have coronavirus**

- you have any [symptoms of coronavirus](#) (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)
- you're waiting for a coronavirus test result
- you've tested positive for coronavirus – this means you have coronavirus

**Isolate for 7 days**

from the start of your own symptoms – that's how long you are infectious. After 7 days if you still have symptoms other than cough or loss of sense of smell/taste, you must continue to self-isolate until you feel better.

## **If you are a close contact of a person with coronavirus**

- you live with someone who has symptoms, is waiting for a test result or has tested positive
- NHS Test and Trace has told you that you are a close contact of someone who has tested positive for coronavirus.
- **you are in a “bubble” with someone who has tested positive for coronavirus in a school or EY setting.**

**Isolate for 14 days**

from the day you were last in contact with the person OR if you live with the person, from the start of their symptoms – it can take up to 14 days for symptoms to appear

# How to get tested?

Testing is available to people of any age with symptoms. You can arrange a test for:

- **Yourself**, if you have coronavirus symptoms now (a high temperature, a new, continuous cough, or a loss or change to your sense of smell or taste)
- **Someone you live with**, if they have coronavirus symptoms

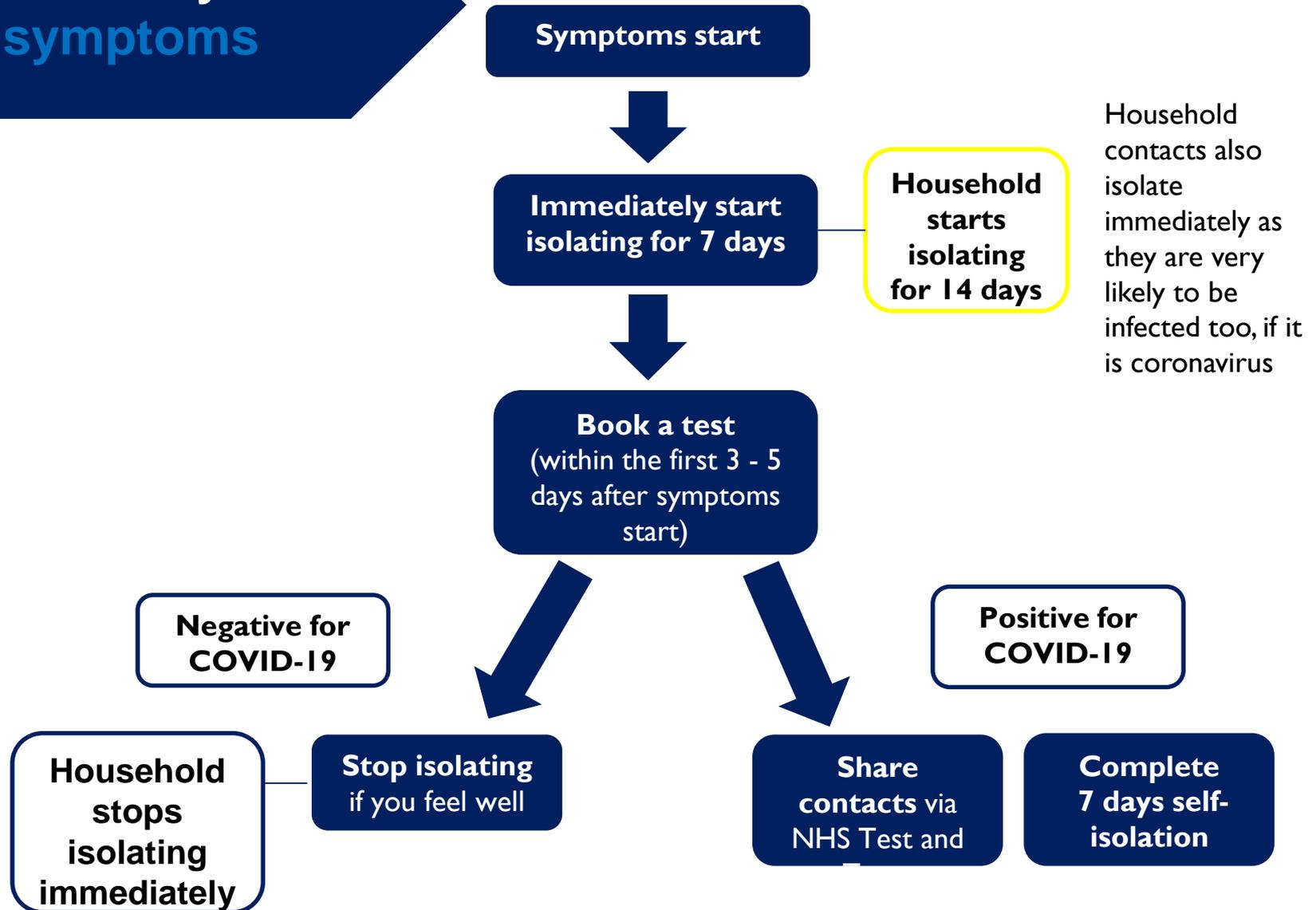
**Tests for the general public** can be booked online at: [www.nhs.uk/ask-for-a-coronavirus-test](https://www.nhs.uk/ask-for-a-coronavirus-test)

**Tests for essential workers** are prioritised and can be booked at: <https://www.gov.uk/apply-coronavirus-test-essential-workers>. (N.B. Some essential workers in NHS and Care sectors are eligible for testing when asymptomatic).

- At the point of booking, there is the option to choose whether to receive the test through a car drive-thru site or at home testing kit.
- The test works best if it's done within 3 days of your symptoms starting. You must have it within the first 5 days.
- The test involves taking a swab of the inside of the nose and the back of the throat, using a long cotton bud.

**Test turnaround** – The government has advised that 90% of test results are provided within 48 hours and they aim to return all test results within 72 hours.

# What to do if you have symptoms



# What to do if you are a close contact of a confirmed case

A close contact of yours tests positive for COVID-19 and informs NHS Test and Trace that you are one of their close contacts

NHS Test and Trace alerts you that you need to isolate for 14 days from the last

Your household contacts and work colleagues do NOT need to self-isolate

If you then go on to develop symptoms, book a test

Household isolates for 14 days

Household contacts also isolate immediately as they are very likely to be infected too, if it is coronavirus

Negative for COVID-19

Complete 14-day isolation

Household stops isolation immediately

Your symptoms were not coronavirus but you may still develop coronavirus later in the 14 days

Self-isolate for a further 7 days from the onset of your symptoms regardless of what stage you were at on your initial 14

Positive for COVID-19

Household should complete 14-day isolation

# What to do as a school or EY setting if someone has coronavirus

Setting is informed that an individual has symptoms

Setting advises affected individual to isolate for 7 days and get tested

Close contacts from the setting do **NOT** need to take action until test result is available

– if you have any questions email [CI9PHResponseCell@bexley.gov.uk](mailto:CI9PHResponseCell@bexley.gov.uk)

Negative for COVID-19

No further action required, individual stops

Positive for COVID-19

“Bubble” of children/staff to self-isolate for 14 days

1. Notify PHE London Coronavirus Response Cell (LCRC) on 0300 303 0450, making note of our reference number
2. Inform local Public Health Team via [CI9PHResponseCell@bexley.gov.uk](mailto:CI9PHResponseCell@bexley.gov.uk)

LCRC & Public Health Team gives ongoing support to setting with:

- risk assessment,
- infection prevention and control, and
- communications

# What do local public health and PHE do to support organisations?

## Local authority public health

email [CI9PHResponseCell@bexley.gov.uk](mailto:CI9PHResponseCell@bexley.gov.uk)

- Responds to enquiries
- Gives advice to organisations if there are suspected coronavirus cases (i.e. before test result back)
- Gives ongoing support to settings managing outbreaks

## PHE London Coronavirus Response Cell (LCRC)

call 0300 303 0450

- Gives initial advice to organisations when there is a person with confirmed coronavirus in a high risk setting
- Wants organisations to notify them of all confirmed (test positive) cases in high risk local settings
- If PHE confirm that there is an outbreak in any setting, they will still:
  - Support setting to complete a risk assessment
  - Run through infection prevention and control check list
  - Support with communications, if needed
  - Alert local authority public health who will provide ongoing support.