



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.
- Anyone with a high temperature should also avoid contact with people at greater risk, such as those with a weakened immune system.

Changes in testing April 2023:

Changes to COVID-19 testing will ensure that testing continues to focus on those at highest risk, enables appropriate clinical treatment and supports the management of outbreaks in high-risk settings.

There is NO requirement to do a COVID-19 lateral flow test (LFT) if children or staff have symptoms.

However, if a child or a member of staff have tested positive for COVID-19 it is recommended to:

- try and stay at home and avoid contact with other people for a further **3 days if under 18 years old, and 5 days if 18 or over**.
- They can return to the setting as long as they do not have a high temperature and feel well enough to do so.
- 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 which means they're at a higher risk of serious illness from COVID-19) for 10 days.

Further Information:

- NHS Advice: **[What to do if you have coronavirus \(COVID-19\) or symptoms of COVID-19 - NHS \(www.nhs.uk\)](https://www.nhs.uk)**
- The latest UKHSA guidance on **[living safely with respiratory infections, including COVID-19](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)**.
- 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>**
- **[People with symptoms of a respiratory infection including COVID-19 - GOV.UK \(www.gov.uk\)](https://www.gov.uk)**

If you have any further queries about COVID-19 or respiratory illnesses, please email the UKHSA North West Health Protection Team on 0344 225 0562 or email: cl.hpt@ukhsa.gov.uk

This document was produced by Education IPC Public Health & Communities Team Cumbria February 24



Working for Cumberland Council and
Westmorland & Furness Council