

Guidance for people with symptoms of a respiratory infection including COVID-19, or a positive test result for COVID19.

On Friday 1st April the UK Health Agency released guidance for people with respiratory illnesses including COVID. Staff are no longer expected to routinely test for COVID. Most people can no longer access free testing for COVID-19. The table below is an aide memoir to explain the latest guidance:

Scenario type	Guidance	Stay at home guidance	How to treat in school
Adults: If you have symptoms of a respiratory infection, including COVID-19, and have not taken a COVID-19 test	Try to stay at home and avoid contact with other people If you have symptoms of a respiratory infection, such as COVID-19, and you have a high temperature or do not feel well enough to go to work or carry out normal activities, try to stay at home and avoid contact with other people, until you no longer have a high temperature (if you had one) or until you no longer feel unwell. It is particularly important to avoid close contact with anyone who you know is at higher risk of becoming seriously unwell if they are infected with COVID-19	The advice is to stay at home until you feel better like with any cold.	The member of staff is unwell and this should be treated as sick leave
Children and young people (aged 18 years and under) who have symptoms of a respiratory infection, including COVID-19	Attending education is hugely important for children and young people's health and their future. - 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 school. - Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people, where they can. They can go back to school, college or childcare, and resume normal activities when they no longer have a high temperature and they are well enough to attend.	The advice is to stay at home until you feel better like with any cold.	The child should be marked sick and absent if they do not attend school. Student absence should be coded using the 'I' code

Adults with a positive COVID test	If you have a positive COVID-19 test result, it is very likely that you have COVID-19 even if you do not have any symptoms. You can pass on the infection to others, even if you have no symptoms. Many people with COVID-19 will no longer be infectious to others after 5 days. If you have a positive COVID-19 test result, try to stay at home and avoid contact with other people for 5 days after the day you took your test. It is particularly important to avoid close contact with anyone who you know is at higher risk of becoming seriously unwell if they are infected with COVID-19 and other respiratory infections, especially those whose immune system means that they are at higher risk of serious illness, despite vaccination.	5 days	COVID should be treated in the same way as any other sickness. Where a member of staff is well but positive we should support them to work from home if possible.
Children and young people aged 18 years and under who have a positive test result	It is not recommended that children and young people are tested for COVID-19 unless directed to by a health professional. If a child or young person has a positive COVID-19 test result they should try to stay at home and avoid contact with other people for 3 days after the day they took the test, if they can. After 3 days, if they feel well and do not have a high temperature, the risk of passing the infection on to others is much lower. This is because children and young people tend to be infectious to other people for less time than adults. Children and young people who usually go to school, college or childcare and who live with someone who has a positive COVID-19 test result should continue to attend as normal.	3 days	The child should be marked sick and absent if they do not attend school. Student absence should be coded using the 'I' code

Full guidance for staff and students including details of how to prevent spreading any illness is here: [People with symptoms of a respiratory infection including COVID-19 - GOV.UK \(www.gov.uk\)](#)