

Coronavirus, isolation and what to do if . . .

Frequently Asked Questions for staff about COVID-19 from the Infection Control Team

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What do I do if I feel unwell at home and think I might have COVID-19?

If you develop any of the main symptoms whilst at home you must:

- Self-isolate at home
- Inform your line manager
- Arrange a test. You can do this via <https://www.gov.uk/get-coronavirus-test> or use the NHS Covid-19 app.
- If you need medical advice you should use the NHS111 online service or call NHS111 and seek medical review. In an emergency call 999

What do I do if I feel unwell at work and I'm concerned that I might have COVID-19?

If you develop symptoms of COVID-19 at work you must:

- Isolate yourself away from colleagues and/or patients
- Ensure you are wearing the PPE required in your area of work
- Alert your line manager or the person in charge
- Leave and go directly home, continuing to wear a mask or face covering during your journey and maintaining strict social distancing
- Isolate and arrange a test. You can do this via <https://www.gov.uk/get-coronavirus-test> or use the NHS Covid-19 app.
- If you need medical advice you should use the NHS111 online service or call NHS111 and seek medical review. In an emergency call 999

What do I do if I receive a positive result?

- Remain in self-isolation at home. Try to separate yourself from any others living in your household

- Inform your line manager
- Email covid19testandtrace.lypft@nhs.net who will liaise with the Infection Prevention and Control (IPC) team
- The IPC team will make contact with you to complete a risk assessment providing you are well enough
- If you need medical advice you should use the NHS111 online service or call NHS111 and seek medical review. In an emergency call 999

What is meant by self-isolation?

If you are told to self-isolate by a health professional or by NHS Test & Trace you must not:

- go to work, school or public places. You can work from home if you are well enough
- go on public transport or use taxis
- not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- have visitors in your home, including friends and family – except for people providing essential care
- go out to exercise – exercise at home or in your garden, if you have one

What do I do if a member of my household is self-isolating at home with COVID-19?

If you are living in a household with anyone who has tested positive for COVID-19 you must self-isolate along with the rest of the household for 14 days since your contact with them, or if you have constant contact with them, from the day they became symptomatic or had their test (whichever was earliest). If you develop symptoms during this period you should get tested. Even if your result is negative you must complete the full 14 days of isolation.

How long do I need to isolate for?

If you test positive and have symptoms you should isolate for 10 days from the day you developed your first symptoms or had your test – whichever was earliest.

If you test positive and have no symptoms you should isolate for 10 days from the day you had your test.

If you have been told to isolate because you are a contact of someone who has tested positive you should isolate for 14 days from the day you had contact with the

positive person, or if you live with this person, from the day they tested positive (or the day they developed symptoms if this was before the test).

When is day 1 of isolation?

Day one = day of test or day of symptom onset if this was before the test.

When can I return to work after of a period self-isolation?

You can return to work when you have completed the isolation period providing you have not had a fever in the last 48 hours and are well enough to work. Persistent cough and a change in taste or smell can last some weeks and do not prevent return to work. You should discuss this with your line manager.

Will I need to self-isolate if I previously tested positive for COVID-19 but have now been notified that I am a contact of a person who has had a positive test result for COVID-19?

Yes. We do not yet know enough about the level of protection from future infection; so it is important that everyone follows the same guidance.

I have been notified by the NHS test and trace service that I am a contact of a confirmed case in the community. What shall I do?

You must follow the isolation instructions that you have been given by NHS test and trace. You should also inform your line manager and email covid19testandtrace.lypft@nhs.net

I previously tested positive for COVID-19 and made a full recovery. However I'm now experiencing symptoms of COVID-19 again. What should I do?

You must isolate and arrange a test. We do not yet know enough about the level of protection from future infection; so it is important that everyone follows the same guidance.

What should I do if I have been in close contact with a patient or colleague who has COVID-19 without wearing the recommended PPE, or if I have had a breach in my PPE whilst caring for the patient?

Talk to your line manager and seek advice from the Infection Prevention & Control team. You can do this via infectioncontrol.lypft@nhs.net.

I've been working alongside a colleague who has tested positive for COVID-19. What should I do?

The Infection Prevention team has usually been informed of positive staff cases and will complete a risk assessment to ensure we identify any colleague who may be at risk; however if you are concerned that you are at risk and have not been contacted please get in touch via infectioncontrol.lypft@nhs.net.