Proud to be part of the Eastern Colleges Group

ABBEYGATE Sixth Form College | one Sixth Form College | USWSC University Studies | WSC WEST SUFFOLK COLLEGE

Covid-19 Protocol

1. **Please continue to take a Lateral Flow Device (LFD)** twice a week and record the result with NHS Test & Trace (T&T) 'Report your Result' and to your college.

2. **If you have Covid-19 symptoms or a positive LFD please**
   - Isolate immediately (you do not require a confirmatory PCR test)
   - Record the positive LFD with NHS T&T 'Report your Result'
   - Please notify the College of your positive LFD and do NOT attend.

3. **If you have Covid-19 Symtoms**
   - Isolate immediately and order a PCR test.

4. **If you test positive you must continue to isolate**. Your self-isolation period includes the day your symptoms started (or the day you had the test, if you did not have symptoms) and the next 10 full days.

- You can shorten this isolation to 5 full days and return on **DAY 6** if you receive 2 negative LFD results 24hrs apart on Day 5 and 6. You must however avoid others who may be vulnerable

- If you are isolating because of a positive test result but did not have any symptoms, and you then develop COVID-19 symptoms within your isolation period, start a new 10 day isolation period by counting 10 full days from the day following your symptom onset.

- You can return to your normal routine and stop self-isolating after 10 full days if your symptoms have gone, or if the only symptoms you have are a cough or anosmia, which can last for several weeks. If you still have a high temperature after 10 days or are otherwise unwell, stay at home and seek medical advice.

5. **Contacts will be identified by NHS T&T, or if suspect you are a Contact;**
   - Fully vaccinated adults will be strongly advised to take a daily lateral flow tests (LFD) for 7 days,
   - Students aged under 18 years 6 months who have been identified as a close contact should continue to attend College as normal.
   - If at any time an individual becomes symptomatic, they should stay at home and follow step 2
   - You do not require a confirmatory PCR test following a positive LFD.
   - If you are not fully vaccinated and over 18 years and 6 months you are legally required to isolate and strongly advised take LFD's for 7 days, or until 10 days if contact was earlier.

6. **If someone you live with has symptoms of COVID-19**, or has tested positive for COVID-19, you will not need to self-isolate if any of the following apply:
   - You're fully vaccinated – this means 14 days have passed since your final dose of a COVID-19 vaccine given by the NHS
   - You're under 18 years, 6 months old
   - You're taking part or have taken part in a COVID-19 vaccine trial
   - You're not able to get vaccinated for medical reasons

Even if you do not have symptoms;

- Consider limiting contact with people that are at higher risk of Covid-19 if you have been in contact with someone who has tested positive.
- You can get a PCR test if you have new symptoms even if you have previously had COVID-19 in the past 90 days.
- You can carry on with LFD testing if you have previously had COVID-19 in the past 90 days, after day 10 of your isolation.