

Proud to be part of the Eastern Colleges Group



Covid-19 Protocol

1. Please continue to take a Lateral Flow Device (LFD) twice a week and record positive results with NHS Test & Trace 'Report your Result', and to your college.
2. If you have Covid-19 symptoms, or have a positive LFD please
 - **Stay at home** and avoid contact with others
 - You should book a PCR test and wait at home while you await a result
 - Record the positive LFD with NHS 'Report your Result'
 - Please notify the College of your positive LFD
3. If you test positive you should continue stay at home and not attend college or work.
 - You should monitor the number of days since you have fallen unwell or received your test result.
 - Your first day includes the day your symptoms started (or the day of your test results, if you did not have symptoms) and the next 10 full days.
 - You can shorten this to **5 full days** and return on **DAY 6** if you receive 2 negative LFD results 24hrs apart on Day 5 and 6, however you should 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 period, start a new 10 day period by counting 10 full days from the day following your symptoms onset.
 - You can return to your normal routine and stop 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.
4. If someone you live with has symptoms of COVID-19, or has tested positive for COVID-19,
 - You should limit contact with others, work from home if you are able to do so, students may attend as normal
 - Avoid contact with those who are at high risk
 - Wear a well-fitting face covering in crowded areas
 - If you develop symptoms, order a PCR test and stay at home while you await results
 - These measures apply for 10 days
 - 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.