



*Believe, Succeed, Together*

## FAQ Crib Sheet

### **Q1. I have symptoms of Covid-19. What should I do?**

**Do not** attend school and self-isolate.

All members of your household will also need to self-isolate.

You need to get a test.

If the test is negative, you and your household members can return to school/work, unless another member of your household develops symptoms.

If the test is positive, you must self-isolate for at least 10 days from the onset of symptoms. If you did not have symptoms, you should self-isolate for 10 days from when you had the test.

If the test is positive, all other household members must self-isolate for 14 days from when you started to self-isolate.

### **Q2. I have completed the period of self-isolation, but I still have symptoms of Covid-19. Can I attend school?**

After 10 days, if you still have a temperature you should continue to self-isolate and seek medical advice. You **do not** need to self-isolate after 10 days **if you only have a cough or loss of sense of smell or taste**, as these symptoms can last for several weeks after the infection has gone.

### **Q3. A member of my household has symptoms of Covid-19. What should I do?**

**Do not** attend school and self-isolate.

The member of your household who is showing symptoms needs to get a test.

If the test is negative, all members of the household can end the self-isolation, unless another member of the household develops symptoms.

If the test is positive, the household member must self-isolate for at least 10 days from the onset of symptoms.

All other household members must self-isolate for 14 days from when the Covid-19 household member started to self-isolate.

### **Q4. I live part of the week with one family member and part of the week with another family member. Which is my 'household'?**

Given that you live across two households, together they would be a single (extended) household i.e. support bubble.

**Q5. I have come in contact with someone who is showing symptoms of Covid-19. What should I do?**

You **do not** need to self-isolate unless the person showing symptoms tests positive for Covid-19. You should, however, take extra care in practising social distancing and good hand and respiratory hygiene.

**Q6. I have come in contact with someone who has tested positive test for Covid-19. What should I do?**

If you are identified as a 'contact' you will be contacted by NHS Test and Trace and instructed to self-isolate for 14 days from the date of your last contact with the person who has tested positive. If you have not been contacted, you do not need to self-isolate.

**Q7. I have come in contact with someone who has tested positive test for Covid-19, but I have not been contacted by NHS Test and Trace. What should I do?**

You have **not** been identified as a 'contact', so you **do not** need to self-isolate.

If you have concerns about whether you should have been contacted, you can contact [NHS 111 online Covid-19 Service](#) and seek further guidance.

**Q8. I have been tested for Covid-19 but recorded a 'unclear, void, borderline or inconclusive' test result. What should I do?**

You should continue to self-isolate and arrange another test **within 5 days** of the onset of symptoms.

**Q9. Should I get a test for Covid-19, even if I do not show any symptoms?**

**No.** The government guidance regarding [Covid-19 Testing](#) is very clear that only those individuals showing symptoms of Covid-19 should get tested.

The reason for this is two-fold:

- The period between contracting coronavirus and displaying symptoms (for those who do show symptoms) can be anywhere from 0-5 days. If a person who is infected with Covid-19 (and **does not** show symptoms) has a test at a **very early stage of exposure**, they are likely to record a 'false negative' due to a small viral load.
- A person who previously contracted Covid-19 (possibly weeks ago but did not show any symptoms) may still record a positive result even though they are no longer infectious. This could lead to other individuals ('contacts') having to self-isolate unnecessarily.

**Q10. I have heard about a 'false negative' test result. What is this and what are the implications?**

A 'false negative' is when a person tests negative for Covid-19 but is actually infected with the virus. The reason for the negative test result is either caused by a testing error or due to the 'viral load' being too small to be detected.



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The period between contracting coronavirus and displaying symptoms (for those who do show symptoms) can be anywhere from 0-5 days. If a person who is infected with Covid-19 (and **does not** show symptoms) has a test at a **very early stage of exposure**, they are likely to record a 'false negative', (due to a small viral load) hence the government advice that people should **only** get a test if they **show symptoms**.

**Q11. I have heard about a 'false positive' test result. What is this and what are the implications?**

A 'false positive' is when a person tests positive for Covid-19 but is **not** actually infected with the virus. The reason for the positive test result is due to a testing error.

A person would not actually know if they had recorded a 'false positive' unless they were being routinely tested e.g. at least twice a week.