

Self-isolation guidance

Version 4a: 12th January 2022

I. For colleagues (with suspected or confirmed Covid-19)

The most common symptoms of Covid-19 are recent onset of:

- new continuous cough and/or
- high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia).

When to self-isolate...

If you develop any of the symptoms of Covid-19, however mild:

- follow the [stay at home](#) guidance and arrange to have a PCR test as soon as possible through workplace arrangements or the [NHS test and Trace service](#)
- if at home (off-duty), do not attend work while awaiting your PCR test result and notify your line manager immediately
- if at work, you should inform your line manager and return home as soon as possible
- **if you have already taken a lateral flow (LFD) test and the result was positive, you should follow the advice below**

If you receive a positive LFD or PCR test result

You must complete a period of self-isolation. The isolation period includes the day the symptoms started or the day your LFD or PCR test was taken if you do not have symptoms (day 0), and the next 10 full days.

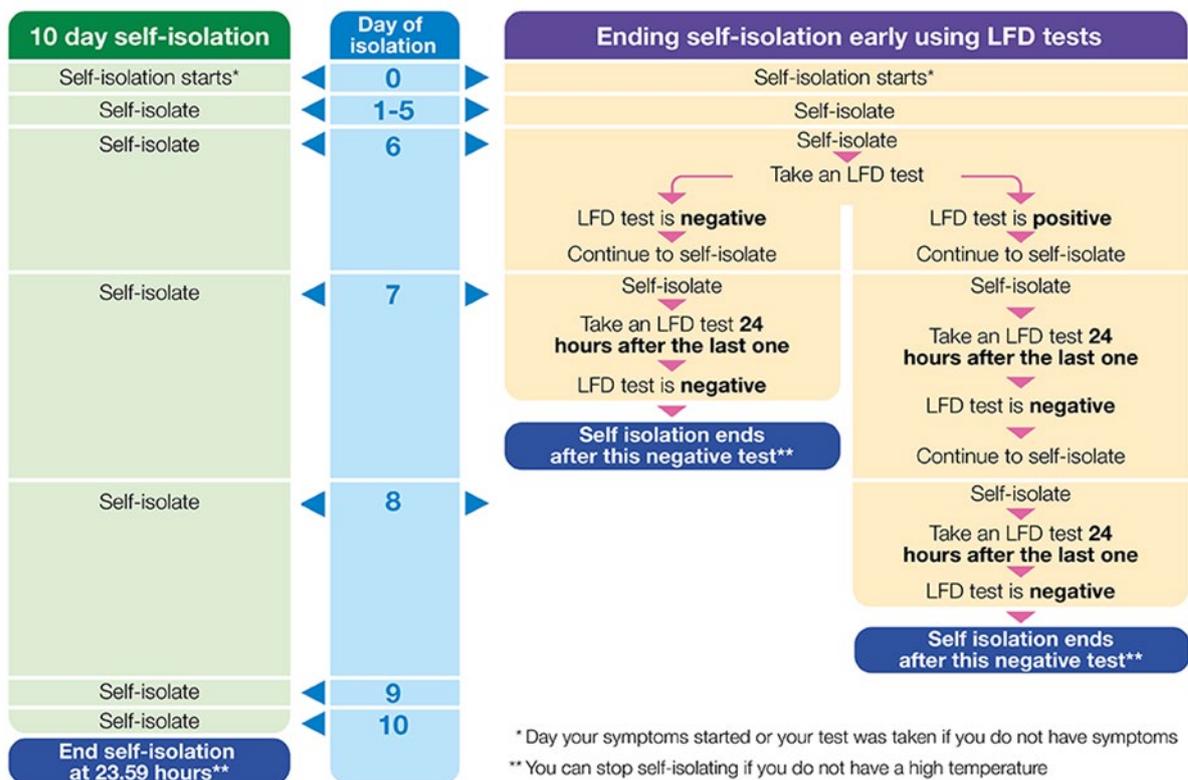
You do not need to take a PCR test if you have already taken an LFD test and the result was positive, unless:

- you wish to claim the Test and Trace Support Payment
- you have received an email or letter from the NHS because of a health condition that means you are suitable for new Covid-19 treatments
- you are taking LFD tests as part of research or surveillance programmes, and the programme asks you to take a follow-up PCR test
- you have a positive day 2 LFD test after arriving in England after travel from another country

There is further detail in the [Stay at home guidance](#).

Ending self-isolation before the end of 10 days

You may be able to end your self-isolation period before the end of the 10 full days by undertaking an LFD test on the sixth day and seventh day of your isolation period (24 hours apart). If both these LFD test results are negative you may end your self-isolation. You should not take an LFD test before the sixth day of your isolation period and should only end your self-isolation following 2 consecutive negative LFD tests which should be taken at least 24 hours apart.



You may return to work under the following conditions:

- your Covid-19 symptoms have resolved or your only symptoms are cough or anosmia (loss/change of smell) which can last for several weeks
- you should continue to undertake daily LFD tests on day 8, 9 and 10 of your isolation period. If any of these LFD test results are positive you should isolate and should wait 24 hours before taking the next LFD test
- on days that you are working, the LFD test should be taken prior to beginning your shift, as close as possible to the start time
- you must continue to comply with all relevant infection control precautions and PPE must be worn properly throughout the day
- if you work with supported people who are especially vulnerable to Covid-19 (as determined by the organisation), a risk assessment should be undertaken, and consideration given to redeployment for the remainder of the 10 day isolation period

The likelihood of a positive LFD test in the absence of a high temperature after 10 days is low. If your LFD test result is positive on the 10th day, you should continue to take daily LFD tests, and can return to work after a single negative LFD test result.

The likelihood of a positive LFD test after 14 days is considerably lower. If your LFD test result is still positive on the 14th day, you can stop testing and return to work on day 15. If you work with supported people who are especially vulnerable to COVID-19 (as determined by the organisation), a risk assessment should be undertaken, and consideration given to redeployment.

Managers can undertake a risk assessment of staff who test positive between 10 and 14 days and who do not have a high temperature, with a view to them returning to work depending on the work environment.

Your household contacts should follow the [stay at home](#) guidance which outlines details on self-isolation requirements.

If you live in the same household as someone with Covid-19

If you live in the same household as someone with Covid-19, you should refer to the [Close Contact Guidance](#) on the intranet.

Returning from abroad

Fully vaccinated persons entering England from any country you are required to:

- take a Covid-19 test. This is the test that you booked before travel. You can book either a lateral flow test or a PCR test.
- You can take the test any time after you arrive and before the end of day 2 at the latest. The day you arrive is day 0.

Positive lateral flow test

If your day 2 lateral flow test result is positive you must:

- self-isolate immediately
- [take a follow-up free PCR test](#) – if the result is negative, you can stop self-isolating; if it's positive or unclear, follow the rules below

Positive PCR test

If your day 2 PCR test result is positive, you must self-isolate immediately. The standard self-isolation period is 10 full days. The day you took the test is day 0.

You can stop self-isolating after 7 days if you do a rapid lateral flow test on days 6 and 7 of your self-isolation period and:

- both tests are negative
- you did both tests at least 24 hours apart
- you do not have a high temperature

If you do a rapid lateral flow test (LFT) on day 6 and test positive, wait 24 hours before you do the next test.

If your PCR test result is unclear, [you must self-isolate](#) for 10 full days. The day you took the test is day 0.

If your PCR test result is unclear, you can choose to take another private test. If the result of that test is negative, you can stop self-isolating.

If you are not fully vaccinated

You must quarantine for 10 full days.

The quarantine period is continuous from the day you arrive in England and lasts for the next 10 full days after the day you arrived until 11:59pm on day 10.

To count the days:

- the day you arrive in England is day 0
- the day after you arrive is day 1, and so on

For guidance specific to Wales please refer to [Public Health Wales](#).

2. For people we support (with suspected or confirmed Covid-19)

The most common symptoms of coronavirus (Covid-19) are recent onset of:

- new continuous cough and/or
- high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia).

If a person we support has symptoms of Covid-19 implement isolation precautions as follows:

- Inform your local [Health Protection Team](#) (in Wales contact [Public Health Wales](#)) who will provide you with information on testing for the people supported in the service.
- If isolation is needed, the person we support's own room can be used. Ideally the room should be a single bedroom with en-suite facilities. If en-suite facilities are not available allocate a dedicated bathroom closest to their room for their use only. If only one bathroom is available in the service ensure it is cleaned after each use.
- [Dimensions Infection Control Policy](#) and [PPE requirements](#)

- Colleagues must use Personal Protective Equipment (PPE) aprons, gloves and fluid repellent surgical masks for activities that bring them into close personal contact with a person (within 2 metres), for example washing, bathing and other personal hygiene tasks and any contact with bodily fluids. If there is a risk of bodily fluid splash, then eye protection should be worn (either surgical mask with integrated visor, full face shield/visor or polycarbonate safety spectacles or equivalent).
- All necessary procedures and care should be carried out within the person we support's room. Only essential staff rostered to the individual person we support (wearing PPE) should enter the person we support's room.
- Room door(s) should be kept closed where possible and safe to do so. Where this is not possible the bed must be moved to the furthest safe point in the room to try and achieve a two metres distance to the open door.
- Only essential colleagues (wearing PPE) should enter the person we support's room.
- Entry and exit from the room should be minimised during care, specifically when these care procedures produce aerosols or respiratory droplets
- Display signs to prevent unnecessary entry into the isolation room.
- All colleagues must be trained in PPE and understand how to use the PPE. Training videos are available via [UK Health Security Agency \(UK HSA\)](#).
- It is essential that used PPE, personal waste (such as used tissues, continence pads and other items soiled with bodily fluids) and disposable cleaning cloths are disposed of and stored securely within disposable rubbish bags. These bags should be placed into another bag, tied securely and kept separate from other waste within the person's bedroom (where they have en-suite facilities) or in a secure area of the dedicated bathroom. This should be put aside for at least 72 hours before being disposed of as normal.
 - [Clean frequently touched surfaces.](#)
 - Dedicate any specific medical equipment (e.g. thermometers, blood pressure cuff, pulse oximeter, etc.) for each person we support with possible or confirmed Covid19. Clean and disinfect all equipment before and after use follow [Dimensions Infection Prevention and Control Policy](#).
- To minimise the possibility of dispersing virus through the air, do not shake dirty laundry prior to washing. Wash items in accordance with the manufacturer's instructions. Use the warmest water setting for the fabric and dry items completely.

Dirty laundry that has been in contact with a person who has symptoms or a confirmed Covid-19 case, can be washed with other people's items.

- Ensure only equipment needed for the person we support's care is kept in their bedroom to make cleaning easier
 - Restrict the sharing of personal devices (mobility devices, books, electronic gadgets) with other people.

NB - if you are unable to isolate other people in the service from the person who has/suspected Covid-19 the same isolation procedures should be adopted and the person treated as if they have symptoms of Covid-19.