

Keeping Calderdale safe during COVID-19

The information below is correct on 28th January 2022. See also www.nhs.uk/conditions/coronavirus-covid-19/

If you have been in contact with someone with COVID-19

- You are legally required to self-isolate for 10 days unless you are fully vaccinated, or you are below the age of 18 years 6 months
- If you are not required to isolate, you should take a Lateral Flow test **every day for 7 days**, or until 10 days since your last contact with the person who tested positive for COVID-19 if this is earlier. Children under the age of 5 are not advised to take part in daily Lateral Flow testing.
- If you have tested positive for COVID-19 within the last 28 days, you are advised not to take daily lateral flow tests as a contact. If you develop symptoms, you must still obtain a PCR or isolate for 10 days.
- Remain vigilant to COVID-19 symptoms (see below)
- Limit close contact with other people outside the household, especially in crowded, enclosed or poorly ventilated spaces
- Limit contact with anyone who is at higher risk of severe illness if infected with COVID-19
- Stay away from people who are clinically vulnerable as much as possible
- Remember that vaccination reduces, but does not eliminate, the risk of acquiring and transmitting infection.

If anyone in your household develops COVID-19 symptoms

- The person must stay at home and self-isolate and seek a PCR test or isolate for 10 days. Do not rely on a negative Lateral Flow test as these tests are not as accurate in picking up COVID-19 in people with symptoms.
- The most important symptoms of COVID-19 are recent onset of any of the following:
 - a new continuous cough
 - a high temperature
 - a loss of, or change in, your normal sense of taste or smell (anosmia)

If anyone in your household tests positive for COVID-19

- Anyone who tests positive on either a PCR or Lateral Flow test is required to stay at home and self-isolate in line with national guidance – see below.
- Anyone who tests positive on a Lateral Flow test is required to self-isolate immediately and does not need to take a confirmatory PCR test.
- Everyone else in the household should follow the above guidance for people who have been in contact with a case.

Understanding your self-isolation period following a positive COVID-19 test

- Your isolation period includes the day your symptoms started (or the day your test was taken if you do not have symptoms), and the next 10 full days.
- You may be able to end your self-isolation period before the end of the 10 full days. You can take daily Lateral Flow tests from Day 5 of your isolation period. If you receive two negative Lateral Flow test results on consecutive days, you can end your isolation if you do not have a high temperature and do not feel unwell. You can end your isolation as soon as you have your second negative test result. This means that some people will be able to return to work or school/childcare on Day 6. A cough or loss or change to your sense of taste or smell can persist for several weeks, and on their own do not require you to continue isolating.
- You do not need to continue testing beyond Day 10 and are advised not to test with Lateral Flow tests until Day 28. However, if you develop symptoms you must obtain a PCR or isolate for 10 days.

Support to self-isolate

- If anyone in your household tests positive for COVID-19 or is told to isolate as a contact of a case, support is available.
- Support with practical tasks like shopping and collecting medications is available if you are unable to leave the house and don't have any family or friends that can help. For more information visit <https://www.calderdale.gov.uk/v2/coronavirus/help/advice> or ring **01422 392890** if you don't have access to the internet.
- You may be eligible for financial assistance of £500 if you are unable to go to work because you are isolating and will lose income as a result. If you have tested positive for COVID-19 on a Lateral Flow Test and require financial assistance, you must obtain a confirmatory PCR in order to be eligible. For more information visit <https://www.calderdale.gov.uk/v2/coronavirus-covid-19/help-people-and-communities/test-and-trace-support-payment> or ring **01422 288003** if you don't have access to the internet.