

1. **Please continue to take a Lateral Flow Device (LFD) twice a week and record the result - positive, negative or void with NHS Test & Trace (T&T) [report-covid19-result](#) ,and your college.**
2. **If you have Covid-19 symptoms or a positive LFD please**
 - Isolate immediately and order a confirmatory PCR test as soon as possible on [get a free PCR test to check if you have Covid-19](#)
 - Record the positive LFD with NHS T&T [report-covid19-result](#)
 - Please notify the College of your positive LFD and do NOT attend.
3. **If you take a PCR test and the result is confirmed negative** within 48 hours you may return to College.
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 7 days if you receive 2 negative LFD results 24hr apart on day 6 and 7. You must however avoid others who may be vulnerable and work from home if you can. Students can return to study.
 - If you are isolating because of a positive test result but did not have any symptoms, and you 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. **Close Contacts will be identified by NHS T&T, or if suspect you are a Close Contact**
 - Fully vaccinated adults and those over 5 months will be strongly advised to take a daily lateral flow tests (LFD) for 7 days, whether or not this may be Omicron
 - There is no requirement to self-isolate whilst awaiting for a PCR test result so individuals can continue to attend College.
 - 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 should get a confirmatory PCR if you get a Positive LFD at any point
 - 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;

- Get a PCR test if you have a positive LFD result
- Consider limiting contact with people that are at higher risk of Covid-19
- You must 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