

- 1. Please continue to take a Lateral Flow Test (LFT)** 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 LFT 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](#)
 - Records the positive LFT with NHS T&T [report-covid19-result](#)
 - Please notify the College of your LFT but do NOT attend.
- 3. If you take a PCR test and the result is confirmed negative** within 48 hours you may return to College, but you must inform prior to attending.
- 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.
- 5. Any close contacts will be identified by NHS T&T**
 - Fully vaccinated adults and those under 18 and 6 months will be advised to take a PCR test.
 - There is no requirement to self-isolate whilst awaiting the PCR test result so individuals can continue to attend College. Staff should carry out a daily LFT.
 - 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
- 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, you should still;

- Get a PCR test on [get a free PCR test to check if you have Covid-19](#) to check if you have COVID-19
- Follow advice on [how to avoid catching and spreading Covid-19](#)
- Consider limiting contact with [people that are at higher risk of Covid-19](#)