

# County Durham

Covid-19 Cue Cards to support case management

v15 – 06 December 2021

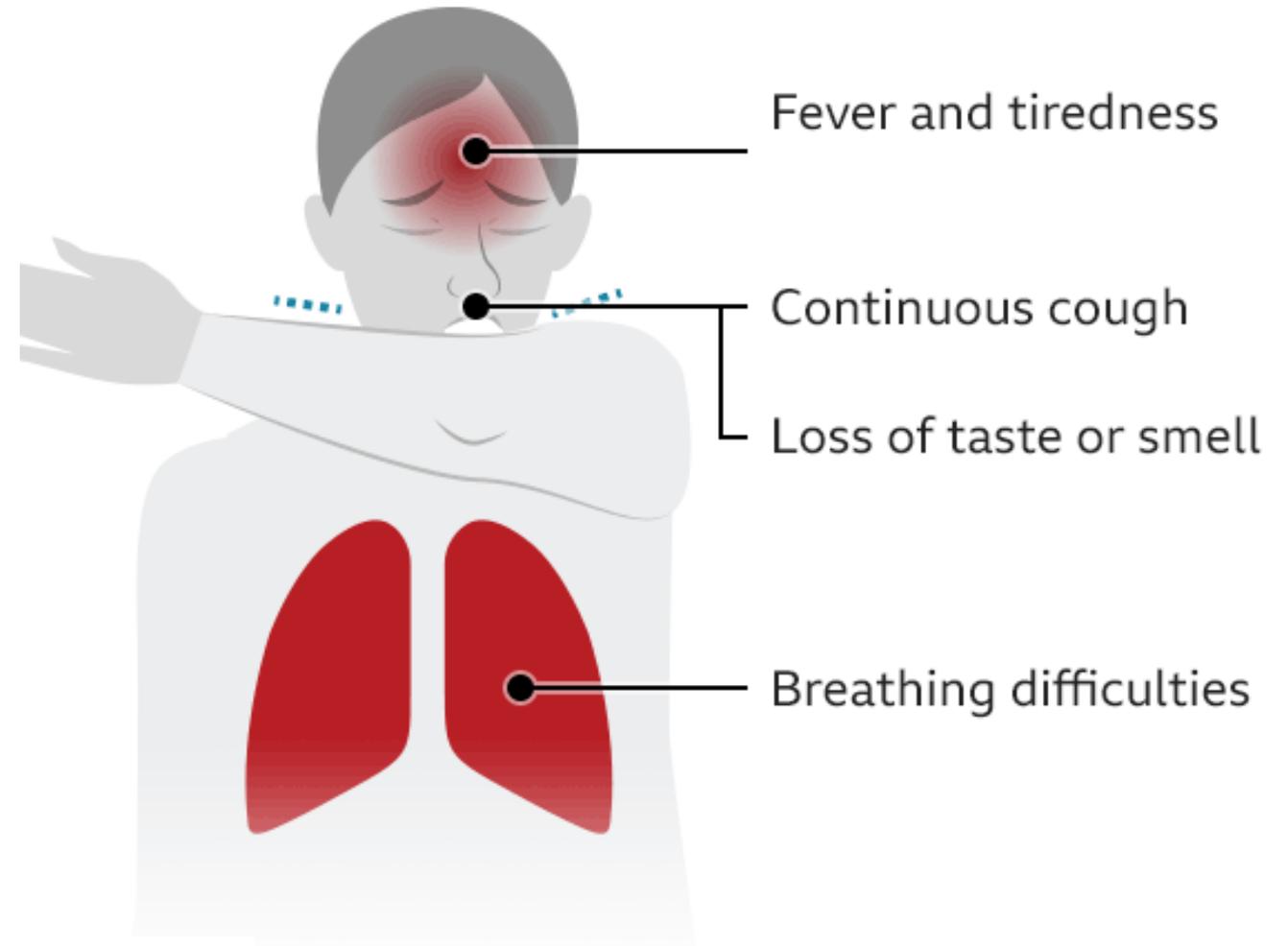


# Key Symptoms

Main symptoms of coronavirus are:

- **a high temperature**
- **a new, continuous cough** – coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
- **a loss or change to sense of smell or taste**
- Most people with coronavirus have at least 1 of these symptoms.
- Some people have no symptoms (asymptomatic)

## Coronavirus: Key symptoms



Source: NHS

BBC

# How Covid-19 can be transmitted

## Directly

- Infected people have the virus in their mouths, noses, and throats
- Saliva, respiratory secretions or secretion droplets come out when coughing, sneezing, speaking or singing
- The droplets can directly enter the mouth, nose or eyes of another person and enter their lungs

or

## Indirectly

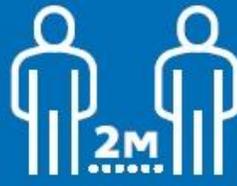
- Surfaces may be contaminated when infected respiratory secretions land on them
- Virus survives on these surfaces
- People touch these surfaces
- Hands can transfer virus to their mouth, nose, or eyes



Wash  
**HANDS**



Cover  
**FACE**



Make  
**SPACE**



Wash your  
hands



Use a tissue  
for coughs



Avoid touching  
your face

# Definition of a Close Contact

Below is the confirmed definition of a close contact for you to apply in regard to the staff member who has tested positive.

- Anyone who lives in the same household as someone with COVID-19 symptoms or who has tested positive for COVID-19
- Anyone who has had any of the following types of contact with someone who has tested positive for COVID-19:
  - face-to-face contact including being coughed on or having a face-to-face conversation within one metre
  - been within one metre for one minute or longer without face-to-face contact
  - sexual contacts
  - been within 2 metres of someone for more than 15 minutes (either as a one-off contact, or added up together over one day)
  - travelled in the same vehicle or a plane

# Self-isolation for a positive COVID-19 case

## You must self-isolate for a FULL 10 DAYS if:

- You develop symptoms of COVID-19 and or test positive whichever is the earlier date.
- 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.

[See detailed guidance online](#)

## If you are self-isolating:

- Do not go to work, school or public places (including shops)
- Do not use public transport or use taxis
- Do not have visitors in your home (except people providing essential care)
- Do not go out to exercise

# Self-isolation for close contacts post 16 Aug 2021

From Monday 16 August 2021, changes come into effect to self-isolation rules if you are identified as a close contact of a confirmed case of Covid-19.

The following groups will be exempt from the legal duty to self-isolate:

- Fully vaccinated adults (close contact at least 14 days after your second dose).
- Children and young people under 18 years and 6 months.
- Clinical trial participants: those who have, or are taking part in an MHRA approved vaccine clinical trial.
- Adults who can evidence that they cannot be vaccinated for medical reasons.

Anyone in these groups (excluding children 4 and under unless the positive case is in their household) **will be advised to take a precautionary PCR test**, unless they have received a positive PCR test result in the previous 90 days.

**Anyone who doesn't meet an exemption will still need to self-isolate** if you are notified as a close contact or if you test positive for Covid-19.

Fully vaccinated **staff who work in health and social care must carry out additional measures** to attend their workplace (see next slide).

[See detailed guidance online](#)

# Self-isolation for close contacts who work in health and social care

In order to mitigate the increased risk associated with an exemption from self-isolation which become effective Monday 16 Aug 2021, fully vaccinated health and social care staff who are identified as a contact and are exempt from the legal duty to self-isolate are required to follow the following mitigations to attend their workplace:

- The staff member should **immediately arrange for a PCR test**, either through workplace arrangements or via the NHS Test and Trace service, and the result of **this PCR test should be negative prior to returning to work**. The negative PCR result should be communicated to their manager.
- Following the negative PCR result, the staff member should **undertake an LFD antigen test every day for 10 days** following their last contact with the case (even on days they are not at work).
- If a staff member has had a **COVID-19 infection in the past 90 days**, they should not have a PCR test and should **only undertake daily LFD antigen tests**.
- On days the staff member is working, this **LFD antigen test should be taken before starting their shift**, and the result should be negative.
- The staff member should **comply with all relevant infection control precautions** and PPE should be properly worn throughout the day.
- If the staff member works with patients or residents who are highly vulnerable to COVID-19, **a risk assessment should be undertaken**, and consideration given to redeployment during the 10 day period.

[See detailed guidance online](#)

# Self-isolation – Omicron Variant from 30 Nov 2021

From Tuesday 30 November 2021, changes come into effect to self-isolation rules if you are identified as a close contact of a confirmed case of Covid-19 with the Omicron.

All close contacts of anyone who has tested positive for the Omicron variant are required to isolate for 10 days regardless of whether they have been vaccinated.

Please note

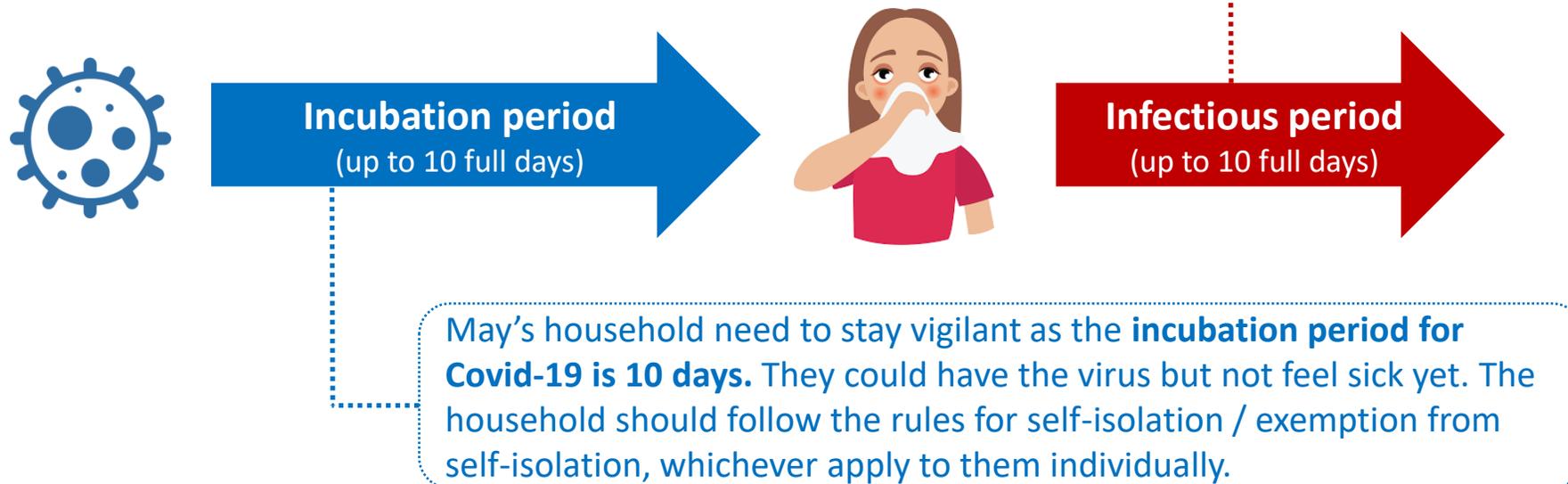
- Contact tracing being led by UKHSA Health Protection Teams
- Local Tracing Partnership fully briefed to escalate any cases, suspected cases or contacts
- Self-isolation support offer and practical support grant for those isolating

[www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection)

# Infectious and Incubation Period

- Infectious period: 2 days before onset of symptoms or test date if asymptomatic until 10 full days after
- Incubation period (time from exposure to the development of symptoms): 2-10 days with an average of 5 days

May is isolating because she's in the **infectious period**. She is sick with the virus and could spread it to others. She needs to stay home until she is no longer a risk to others.



# Winter illness developing into Covid - infectious period and self isolation

## Infectious Period

To identify the infectious period of cases who have started out with a winter illness (eg. tonsillitis, sore throat, headache etc) which then continue to develop into one or all of the three classic Covid symptoms, we have agreed with regional PHE Health Protection Team that day zero for symptoms is first day of winter illness symptoms. We track back 48 hours from onset of these but we don't go back longer than 5 days of symptoms from the covid symptoms starting to find day zero.

## Isolation Period

As agreed with regional PHE Health Protection Team the isolation period (if applicable) of these cases should still be counted in the normal way with the day the Covid symptoms started (day zero for isolation) as the time period to calculate the persons 10 full days self-isolation.

2020 SEPTEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
			X	X	X	X
					winter symptoms	
6	7	8	9	10	11	12
X	X	X	X			
	winter symptoms		Covid symptoms			
13	14	15	16	17	18	19
						X
20	21	22	23	24	25	26
27	28	29	30			

Day zero for symptoms

Day zero for isolation

# Catching it twice?

## Positive Twice

Individuals who have had a positive PCR test for COVID-19 within the last 90 days, are likely to have developed some immunity. Individuals are **exempt from testing by both PCR and LFD within 90 days of a positive PCR test**, unless they develop new symptoms, or tests are required as part of the exemption to self-isolate – see: [Self-isolation for close contacts post 16 Aug 2021](#)

Individuals may choose to take a LFD test after the 10 day isolation period, (workplace or community testing for example). If they are found positive on a LFD test, they will be required to self-isolate for 10 full days, or longer if symptomatic. [www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection](http://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection)

## Symptoms Twice

The case should only be considered to have a new episode of infection and therefore be required to self-isolate for a further 10 full days and complete contact tracing if:

- repeat positive test outside of the 90 day window
- repeat positive test within 90 days but with a new onset of symptoms consistent with COVID-19

# PCR Testing on Symptoms

- You should **get a PCR (Polymerase Chain Reaction) test if you develop COVID-19 symptoms** (high temperature, new continuous cough, loss of taste and smell).
- Its important to get tested as soon as symptoms develop, you need to have the test within the first **8 days** of symptoms.

**To book a test** : A PCR test can be ordered, through this link [www.gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test) or by calling 119

## PCR test – with no symptoms

The national system allows for a PCR test if you have no symptoms in the following circumstances:

- You've been in contact with someone who's tested positive
- You've been asked to get a test by a local council or someone from NHS Test and Trace
- A GP or other health professional has asked you to get a test
- You've been asked to get a test to confirm a positive result

A full list of circumstances can be found here [www.gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test)



# Testing without Symptoms - Lateral Flow Devices

- Lateral flow device (LFD) testing can help identify those people who are infectious but display no symptoms. LFD testing is being offered in many settings such as health care, care homes, schools, universities, workplaces and community sites.
- To book a test go to [www.durham.gov.uk/CovidLFT](http://www.durham.gov.uk/CovidLFT)
- All home tests must **register their results** at [Gov.uk/report-covid19-result](http://Gov.uk/report-covid19-result)

## Positive result with an LFD test.

- All individuals who receive a **positive LFD test result will be required to take a follow-up PCR**, whether the LFD test was assisted (test site) or self-reported (home testing). Positive cases should continue to self-isolate until the confirmatory PCR test results are received.
  - If the index case had a LFD test **at home** and their follow-up PCR test result is negative, then they do not have to self-isolate.
  - If the index case had a LFD test carried out **with a trained assistant present** and receives a negative PCR test result **within** 2 days of the date of the initial LFD test, then they will be notified that they no longer have to self-isolate.
  - If the index case receives their negative PCR test result 2 days **after** the date of their initial LFD test, then the legal duty to self-isolate remains.