



Langford Village CP School **Respiratory illness / COVID-19 Guidance**

What to do if you have tested positive

You are no longer required to do a COVID-19 rapid lateral flow test if you have symptoms.

But if you or your child have tested positive for COVID-19:

- stay at home and avoid contact with other people for 3 days after the day the test was taken if you or your child are under 18 years old – children and young people tend to be infectious to other people for less time than adults.
- stay at home and avoid contact with other people for 5 days after the day you took your test if you are 18 years old or over.
- avoid meeting people who are more likely to get seriously ill from viruses, such as people with a weakened immune system, for 10 days after the day you took your test.
- Children and young people who are unwell and have a high temperature should try and stay at home and avoid contact with other people. They can go back to school, college or childcare when they no longer have a high temperature, and they are well enough to attend.
- Adults with the symptoms of a respiratory infection, and who have a high temperature or feel unwell, should try to stay at home and avoid contact with other people until they feel well enough to resume normal activities and they no longer have a high temperature.

Tests are no longer available free of charge unless you are NHS staff or in specific identified groups, however, they may be purchased from most supermarkets or pharmacies.