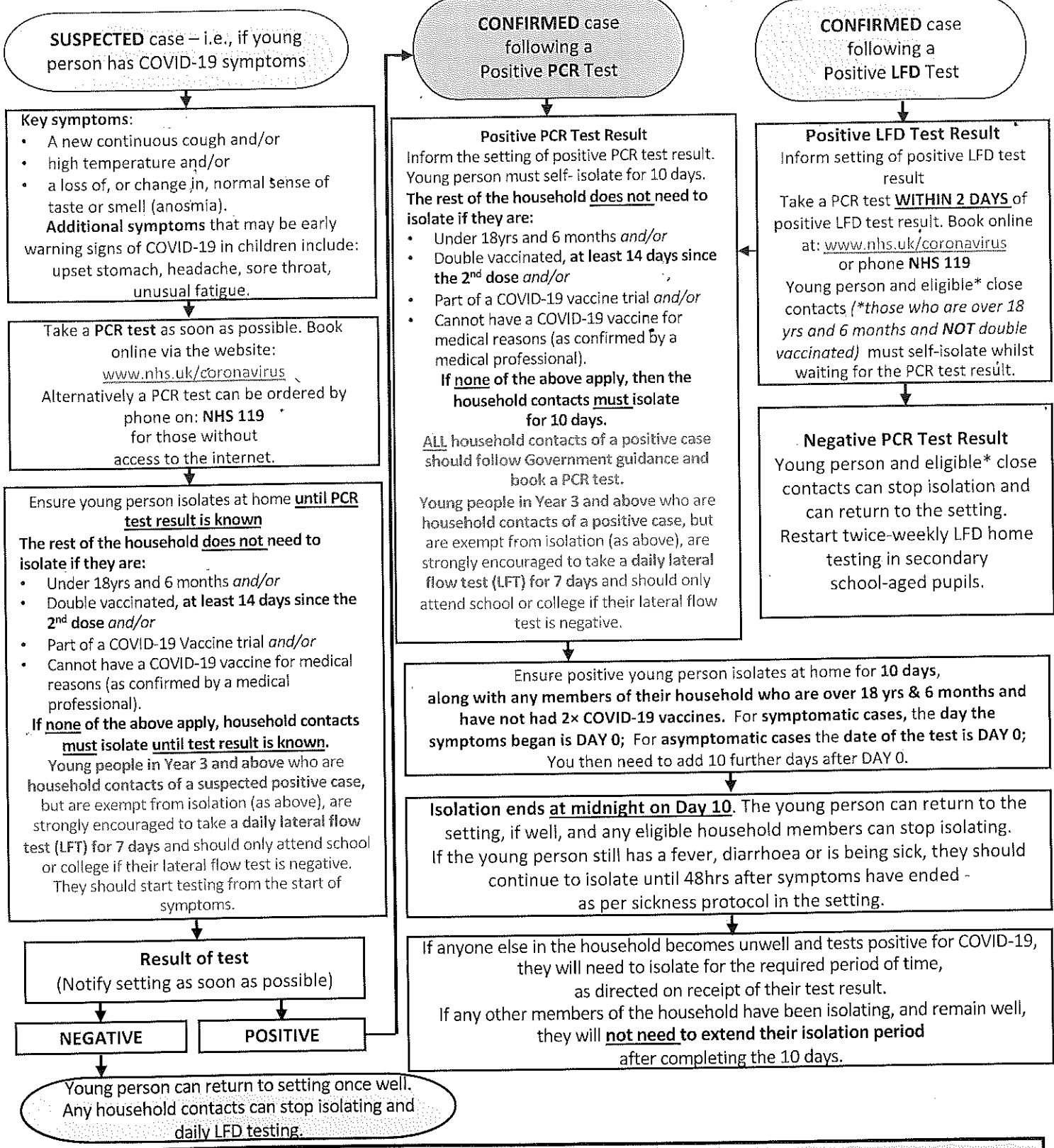


# COVID-19 Guidance for Parents/Carers in Central Bedfordshire Education Settings: 01.11.21

For any **SUSPECTED** or **CONFIRMED** case of COVID-19 in a young person please follow the flow chart below.



- We continue to ask families/young people to wash hands regularly, keep spaces well ventilated, and to wear face masks in crowded, public, indoor areas.
- Face masks should continue to be worn on school and public transport to and from education settings.
- LFD test: A Lateral Flow Device test is rapid test that can be used at home, and the result is available after 30 minutes. Click [here](#) to find out how to collect/order LFD tests free of charge.
- PCR test: A Polymerase Chain Reaction test can be booked online and is sent to a lab for the result.
- If you have recently (within 90 days) had a positive PCR test for COVID-19, you are exempt from testing by both PCR and LFD, unless you develop new symptoms.
- LFD tests are used for identifying COVID-19 infections where there are no symptoms, and should **not** be used if you have any symptoms.
- LFD tests are safe to use in pregnancy.
- If you have had a COVID-19 vaccination, you should still take part in LFD testing as you may still transmit the virus.
- If you have been identified as an eligible close contact of a positive case, a negative LFD test does not mean that you can stop isolating.
- If you have had a recent nosebleed, or have a nose piercing, use the other nostril to swab for the LFD test.