

## **Schools and colleges nationally have received the following updated advice from Public Health England relating to Covid-19.**

### **Getting tested**

Anyone with symptoms can book a test online or over the telephone through 119 to get the certainty they need to protect themselves and those around them.

It is crucial that demand for testing comes from those who need it. It is recommended that that you get tested if:

- 1) You develop one or more of the main coronavirus symptoms: a high temperature; a new, continuous cough; or the loss or change of your sense of taste or smell; or
- 2) You are recommended to get tested by a healthcare provider (e.g. GP or nurse).

If a student or staff member develops one or more of the main coronavirus symptoms described above, only they should be tested. There is no need for members of your household to be tested, unless they are also symptomatic.

If you feel unwell, for example with a sore throat, stomach upset or headache, you do not need to book a test but you may need to stay off College and seek medical advice through your GP or pharmacist as usual.

### **Shielding students**

Except in areas with local lockdown restrictions shielding advice was paused on 1<sup>st</sup> August 2020. This means that even the small number of students who remain on the shielded patient list can return to College, as can those with family members who were shielding.

Specialists in paediatric medicine have reviewed the latest evidence on the level of risk posed to children and young people from Covid-19. The latest evidence indicates that the risk of serious illness for most children and young people is low. In the future it is expected that fewer children and young people will be advised to shield whenever community transmission rates are high.

Young people who received a shielding advisory letter early in the pandemic will be encouraged to talk this through with their GP or specialist at their next appointment. For those young people who do need to remain on the shielding list for the longer term, details will be retained so that they and their families can be assured they will be contacted again should community transmission rates rise in the future.

Students previously shielding are encouraged to join or return to College unless they are:

- In a local lockdown area with specific shielding restrictions OR
- Have been advised to self-isolate because they, their family or a close contact have Covid-19 infection OR
- They have recently been specifically advised to remain off College – for example with a new serious diagnosis such as active cancer.