

## Staff Respiratory Infection (including COVID-19) Isolation/ Testing/ Return to Work Guidance

Guidance reviewed 20/05/2022 no change from previous version issued April 11<sup>th</sup> 2022

Day zero is the first day of symptoms or the day of the lateral flow test result - whichever is earlier.

|  | Day 0  | Day 1             | Day 2             | Day 3             | Day 4             | Day 5                                  | Day 6  | Day 7  | Day 8 | Day 9 | Day 10 | Day 11 | Day 12 | Day 13 |  |
|--|--|-------------------|-------------------|-------------------|-------------------|--|--|--|-------|-------|--------|--------|--------|--------|--|
| <b>SYMPTOMATIC</b><br>You have symptoms of respiratory infection and / or high temperature.<br><br><b>Respiratory symptoms include:</b><br>Continuous cough<br>Loss of/change in sense of taste/smell<br>Shortness of breath<br>Unexplained tiredness<br>Unexplained muscle aches<br>Loss of appetite<br>Headache<br>Sore throat<br>Blocked/runny nose<br>Nausea | <b>Positive LFT</b><br>Symptoms start and lateral flow test is <b>positive</b> . ISOLATE from work, inform Line Manager  | Isolate from work | Isolate from work | Isolate from work | Isolate from work | Isolate from work do lateral flow test | Do lateral flow test. If day 5 & 6 LFT are negative you are able to return to work the same day, if you are well enough and do not have a high temperature.<br><br>If day 5 or day 6 LFT is positive, continue to isolate from work. | If day 5 or 6 LFT remain positive, perform daily LFT until you have 2 consecutive negative tests 24 hours apart. Then you are able to return to work if you are well enough and do not have a high temperature |       |       |        |        |        |        | IF YOUR LATERAL FLOW TEST REMAINS POSITIVE AND YOU ARE WELL ENOUGH TO WORK AND DO NOT HAVE A HIGH TEMPERATURE YOU CAN RETURN TO WORK. <b>You should wear an FFP3 mask until day 14, after day 14 a surgical mask should be worn.</b><br><br>RESUME DOING LATERAL FLOW TESTS TWICE WEEKLY AFTER DAY 14. |
|  | <b>Negative LFT</b><br>Symptoms start and lateral flow test is <b>negative</b> . If you feel well enough to work and you do not have a high temperature you can return to work and a surgical mask should be worn. If you work in SROMC, MDU, Haematology /Oncology Oakdale, then an FFP3 mask should be worn until symptoms have resolved.<br><br>Continue to do twice-weekly lateral flow tests. |                   |                   |                   |                   |  |  |  |       |       |        |        |        |        |  |
| <b>ASYMPTOMATIC, LATERAL FLOW POSITIVE</b><br>You have tested positive for COVID-19 on a routine lateral flow test.  | <b>Positive LFT</b><br>No symptoms, but lateral flow test is <b>positive</b> . ISOLATE from work, inform Line Manager and follow the plan above  |                   |                   |                   |                   |  |  |  |       |       |        |        |        |        |  |
| <b>STAFF MEMBER HAS CONTACT WITH COVID-19 POSITIVE PERSON</b><br>Someone you live with or have had overnight contact with has tested positive for COVID-19 on lateral flow test OR you have been in close contact with someone outside of work who has tested positive for COVID-19.   | Attend work as usual<br>Do lateral flow tests twice weekly. If you work in SROMC, MDU, Haematology /Oncology Oakdale, then an FFP3 mask should be worn for the 14 days following the household member testing positive.<br><br>If a lateral flow test is positive or you develop symptoms, follow the plan above.  |                   |                   |                   |                   |  |  |  |       |       |        |        |        |        |  |

If returning to work on day 6 to 13, a surgical mask should be worn. **However, if you work in SROMC, MDU, Haematology/Oncology Oakdale, then an FFP3 mask should be worn until day 14. After day 14, a surgical facemask can be worn and twice-weekly lateral flow tests resumed.**

**DAYS 6-9 – staff well but positive lateral flow test**  
 -well & no high temperature  
 -unable to work from home  
 -does not work in SROMC,MDU, Haem/Onc-Oakdale  
 -Able to wear FFP3 (and fit tested)  
 -Ongoing absence causing critical issues with delivery of patient care  
 If all these apply then a risk assessment can be submitted for a decision on that staff members return to work. The risk assessment is accessed from the intranet COVID page and should be completed by the line manager.

Lateral Flow Tests will continue to be provided free of charge for NHS staff.

Order coronavirus (COVID-19) rapid lateral flow tests - <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>  
<https://www.gov.uk/report-covid19-result>