

## Contact guidance

As you will probably be aware, the Government has issued new guidance for people who have been in contact with a confirmed case of COVID-19. In summary:

- **All adults who are fully vaccinated and children aged 5 to 18 years and 6 months, identified as a contact of someone with COVID-19 – whether Omicron or not – should now take a lateral flow test every day for 7 days.**
- **Children under five years old do not need to take part in daily testing for contacts of COVID-19 and do not need to isolate.**
- **Anyone over the age of 18 years and 6 months who is not vaccinated, must isolate in line with government guidelines if they are a close contact of a positive case.**

### Contact definitions

A “contact” is someone who has had close contact with a confirmed COVID-19 case any time from 2 days before the person developed symptoms (or from 2 days before the date of their test if they didn’t have symptoms), and up to 10 days after. This includes:

- face-to-face contact including being coughed on or having a face-to-face conversation within one metre, or
- having been within one metre for one minute or longer without face-to-face contact, or
- having been within 2 metres of someone for more than 15 minutes (either as a one-off contact, or added up together over one day).

### Local advice to schools

Local advice for schools remains in place. If someone in a pupil’s household has tested positive for COVID-19, the pupil should stay at home and get a PCR test 3-5 days after their household member started with symptoms, unless they themselves have tested positive within the last 90 days, or have received at least one dose of the vaccine. This guidance will be reviewed in January.