**CORONAVIRUS (COVID-19) AND THE WORKPLACE**

**Guidance for contacts of people with confirmed coronavirus (COVID-19) infection who do not live with the person** (18 December 2020)

[www.gov.uk/government/publications/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person](https://www.gov.uk/government/publications/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person)

Contact means you:

* had a face-to-face conversation within one metre
* were within one metre for one minute or longer
* were within 2 metres for more than 15 minutes (over one day)
* travelled in the same vehicle

Then you:

* must stay at home for isolation – Includes the date of your last contact and the next 10 full days

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CONTACT = DAY 0 | DAY 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| ISOLATE |  |  |  |  |  |  |  |  |  |  | FREE |

**COVID-19: management of staff and exposed patients or residents in health and social care settings** (17 December 2020)

[www.gov.uk/government/publications/covid-19-management-of-exposed-healthcare-workers-and-patients-in-hospital-settings/covid-19-management-of-exposed-healthcare-workers-and-patients-in-hospital-settings](http://www.gov.uk/government/publications/covid-19-management-of-exposed-healthcare-workers-and-patients-in-hospital-settings/covid-19-management-of-exposed-healthcare-workers-and-patients-in-hospital-settings)

If you were

* providing patient care, and
* you were wearing correct PPE, then you:
* will not be considered as a contact
* will not be required to self isolate

Please note, if you were

* not providing patient care (for example, having lunch), or
* not wearing correct PPE, then you:
* will be considered as a contact
* will be required to self isolate

**If you develop symptoms, you should take a PCR test**.

**Standard operating procedure (SOP) for general practice in the context of coronavirus (COVID-19)** (24 December 2020)

[www.england.nhs.uk/coronavirus/publication/managing-coronavirus-covid-19-in-general-practice-sop/](http://www.england.nhs.uk/coronavirus/publication/managing-coronavirus-covid-19-in-general-practice-sop/)

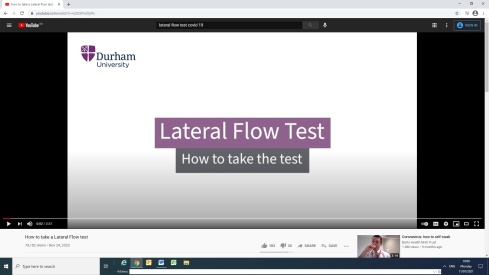
If you are patient-facing primary care staff, you should:

* test yourself twice weekly (lateral flow test)
* report your result to Public Health, via the NHS Digital online platform

**How to take a Lateral Flow test**

Please watch the video

[www.youtube.com/watch?v=kZhSPnnXyPo](http://www.youtube.com/watch?v=kZhSPnnXyPo)

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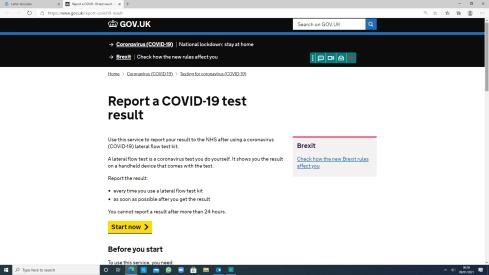
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You can do the test on yourself, and read the result in 30 minutes.

**Reporting the test result**

Please use the NHS Digital online platform

[www.gov.uk/report-covid19-result](http://www.gov.uk/report-covid19-result)



*For reference*:

Ability of Lateral Flow tests to detect the virus

* in over 95% of cases with high concentration of virus
* in 76.8% of cases overall
* in 58.9% of cases when the user technique is not good

[www.gov.uk/government/publications/evidence-on-the-accuracy-of-lateral-flow-device-testing](http://www.gov.uk/government/publications/evidence-on-the-accuracy-of-lateral-flow-device-testing)

**RETURN TO WORK**

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