

COVID 19 Isolation Guidance – May 2nd 2022

This document covers isolation Guidance for those who have test positive and those who have been in close contact with someone who has tested positive. Any positives cases must continue to be reported via My Safe Centa.

Guidance for England

From the 24th February 2022 there is no longer a legal requirement to isolate in England if you test positive for COVID 19 or if you come into close contact with someone who has tested positive for COVID 19.

The legal requirement to isolate in England has now been removed. However, to support and protect our associates, customers and partners we are adopting an approach of requiring Associates that have COVID symptoms to get tested by either lateral flow or PCR. If you test positive, you must isolate from the business for 5days (following confirmation of a positive result). This is in line with Government recommendations.

Payment will be made in line with Company Sick Pay to cover your isolation period.

Guidance for Wales

From the 28th March there is no longer a legal requirement to isolate in Wales if you test positive for COVID 19 or if you come into close contact with someone who has tested positive for COVID 19.

The legal requirement to isolate in Wales has now been removed. However, to support and protect our associates, customers, and partners we are adopting an approach of requiring Associates that have COVID symptoms to get tested by either lateral flow or PCR. In line with the guidance provided by the Welsh Government; If you test positive for COVID 19 you should self-isolate for 5 full days. Day 1 is the day after your symptoms started or the day you had the test, if you do not have symptoms (whichever is earlier).

Take a lateral flow test (LFT) on day 5. If this test is negative, you should take another LFT on day 6.

If your day 6 is also negative and you do not have a high temperature, you can leave self-isolation on day 6 as the risk you are still infectious is much lower and you can safely return to your normal routine.

If you still have a high temperature or feel unwell, you should continue to self-isolate until it returns to normal, or you feel better.

If you are still testing positive you should continue taking daily LFTs until you get 2 negative tests in a row, taken a day apart, or until day 10 – whichever is sooner.

You do not need a negative LFT test on day 10 to leave self-isolation.

If you still have a high temperature or feel unwell, you should continue to self-isolate until it returns to normal, or you feel better.

If you are isolating following a positive LFD test you will need to submit your results onto the Government website to inform track and trace via this link <https://www.gov.uk/report-covid19-result>

If you are notified that you have been identified as a close contact by NHS Test, Trace Protect via email or text, or by someone who has tested positive directly, you do not need to self-isolate but should be vigilant for the main COVID-19 symptoms and if they begin to develop take a LFT test (follow the above guidance if you test positive).

Payment for isolating will be made in line with Company Sick Pay to cover your isolation period.

Guidance for Scotland

From the 1st May 2022 the isolation guidance for Scotland has been revised relating to testing positive for COVID 19 or if you come into close contact with someone who has tested positive for COVID 19.

As per Government guidance and to support and protect our associates, customers and partners we are adopting an approach of requiring Associates that have COVID symptoms to get tested by either lateral flow or PCR. If you test positive, you must isolate from the business for 5days (following confirmation of a positive result). This is in line with Government recommendations.

If you are notified that you have been identified as a close contact by NHS Test, Trace Protect via email or text, or by someone who has tested positive directly, you do not need to self-isolate but should be vigilant for the main COVID-19 symptoms and if they begin to develop take a LFT test (follow the above guidance if you test positive).

Payment will be made in line with Company Sick Pay to cover your isolation period.