

## Hywel Dda Health Board advice for schools and parents.

Hywel Dda University Health Board has been made aware of some mis-understanding and mis-communication regarding testing for COVID-19 and self-isolation requirements in relation to children returning to school.

There is also an issue currently with people having difficulty in accessing COVID-19 testing via the UK Booking Portal or 119.

Both these factors are leading to a large number of calls to the Health Board from parents requiring advice or requesting testing unnecessarily.

Please see the guidance below and use this as the basis for advice to schools/parents:

If a child/parent/household member develops symptoms of COVID-19, **the entire household should immediately self-isolate, and book a test for the individual with the symptoms.** It is unnecessary to test the entire household if they are not symptomatic.

The COVID-19 symptoms are:

- a new continuous cough
- a high temperature
- loss of or change to sense of smell or taste

### **Booking a COVID-19 test:**

We recommend testing only for those with a new continuous cough, a high temperature, or loss of or change in the sense of taste or smell.

If a COVID-19 test is required, this should be arranged via the UK Booking Portal, <https://gov.wales/apply-coronavirus-test> or by ringing 119.

Testing is available within Carmarthenshire, Ceredigion and Pembrokeshire or via a home testing kit delivered to and collected from your home. The COVID-19 test is undertaken via a throat swab or combined throat and nose swab.

We are aware that some people are experiencing difficulty in accessing testing via these routes and if you have a problem, you can contact the Health Board on 0300 303 8322 and we will arrange testing for you.

### **Self-isolation:**

It is essential that people who have COVID-19 symptoms, or who share a household with someone who has symptoms, must self-isolate, even if your symptoms are mild. To protect others, you must not attend school, nursery, other childcare settings, work, or go to or to places like a GP surgery, pharmacy or hospital.

Anyone with symptoms must self-isolate for 10 days from when their symptoms started. They can return to school or work after 10 days if they are well enough to do so.

Anyone in the household who does not have symptoms must self-isolate for 14 days from when the first person in the home started having symptoms.

If a parent thinks their child has symptoms BUT chooses not to put them through a test all household members must remain in self-isolation for 14 days from the onset of symptoms.

If you receive a positive test result, you will be contacted by the Test, Trace, Protect Team who will advise you further.

If the test is negative, self-isolation can end for everyone, children may return to school and parents can return to work if they are well enough to do so and as long as nobody else in the household has developed symptoms.

***Non-household members/contacts:***

If a person has been in contact with an individual experiencing symptoms, they should carry on as normal until that individual receives their test result. If this is positive, the Test, Trace, Protect Team will contact those people identified as contacts and advise accordingly.