**COVID-19 REPORT SPRING 2022**

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| **Name:** |  |
| **Job Title / Role / Status with the RAD**  **For example – student, teacher, employee** |  |
| **Date Report Completed:** |  |

**Guidance to the individual completing this form –**

You have been sent this report form by a member of the Dance School team as you have advised there is a risk that you or your dependant/child/student may have COVID-19.

A member of the Dance School team will discuss the questions set out in this form with you and complete a copy of the questionnaire.

A definition of what is considered a ‘contact’ in keeping with government guidance is set out in Appendix A. This understanding is key to being able to answer the questions set out in this form. Please ensure you follow [government guidance](https://www.gov.uk/coronavirus) to ensure your wellbeing as well as that of the RAD community. We wish you well and appreciate your cooperation completing this process.

1. **Are you experiencing any COVID-19 symptoms and/or received a positive lateral flow device (LFD) test?**

Symptoms include – High temperature – 37.8C or higher; new, continuous cough; and/or loss of or change to sense of smell or taste

[ ] No, go to question 2.

[ ] Yes

**1a. If yes, when did your symptoms start and/or you tested positive on a LFD test?**

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| --- |
| Date - |

* If you develop any of these symptoms, even if your symptoms are mild, you must stay at home self-isolate straight away for 10 days. Your isolation period includes the day your symptoms started and the next 10 full days. This means that if, for example your symptoms started at any time on the 15th of the month, your isolation period ends at 23:59 on the 25th. You may be able to end your self-isolation period before the end of the 10 full days. You can take a lateral flow device (LFD) test from 5 full days after the day your symptoms started (or the day your test was taken if you did not have symptoms), and another LFD test on the following day. The second LFD test should be taken at least 24 hours later. If both these test results are negative, and you do not have a high temperature, you may end your self-isolation after the second negative test result.
* If you have been double vaccinated and have symptoms of COVID-19 you still need to self-isolate and [get a PCR test](https://www.gov.uk/get-coronavirus-test). This will reduce the risk of spreading infection and help to protect other people.
* If you live with other(s) guidance for household members can be found on [gov.uk](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection) as to whether your household member(s) needs to self-isolate or not.

**1b. Have you had a LFD and/or PCR test?**

[ ] Yes 󠄉 󠄉󠄉 󠄉

[ ] No

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| Type of test:  Date of test: |

**1c. What was the result?**

[ ] Positive 󠄉 [ ] Negative

[ ] Unclear, void, borderline or inconclusive 󠄉 [ ] Waiting to receive a result

**1d. When were you last on site at the RAD or any other site associated with RAD activity?**

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| Date:  Address: |

**1e. Did you social distance whilst you were on RAD premises or engaged in RAD activity? Please refer to Appendix A of this COVID-19 report form.**

[ ] Yes 󠄉 󠄉

[ ] No

**If no, which individuals would you consider a ‘close contact’?**

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**1f. Have you entered details of the individuals you consider to be close contacts into the government’s track and trace app?**

[ ] Yes

[ ] No

**Record any other information key to the case here.**

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**If the LFD test is negative:**

You can return to the RAD provided you feel well.

*Please continue to question 2 to ascertain whether you have been a close contact.*

**If the LFD test is positive:**

You are no longer required to have a follow-up PCR test to confirm the result, you should stay at home and self-isolate immediately. Your isolation period includes the day your symptoms started or the day your test was taken if you did not have symptoms and the next 10 full days. This means that if, for example your symptoms started at any time on the 15th of the month, your isolation period ends at 23:59 on the 25th. You may be able to end your self-isolation period before the end of the 10 full days. You can take a LFD test from 5 full days after the day your symptoms started (or the day your test was taken if you did not have symptoms), and another LFD test on the following day. The second LFD test should be taken at least 24 hours later. If both these test results are negative, and you do not have a high temperature, you may end your self-isolation after the second negative test result.

*Please follow this instruction. You do* *not need to complete the rest of this report.*

**If the PCR test is negative:**

You can return to the RAD provided you feel well.

*Please continue to question 2 to ascertain whether you have been a close contact.*

**If the PCR test is positive:**

You will need to self-isolate. Your isolation period includes the day your symptoms started and the next 10 full days. This means that if, for example your symptoms started at any time on the 15th of the month, your isolation period ends at 23:59 on the 25th. You may be able to end your self-isolation period before the end of the 10 full days. You can take a LFD test from 5 full days after the day your symptoms started (or the day your test was taken if you did not have symptoms), and another LFD test on the following day. The second LFD test should be taken at least 24 hours later. If both these test results are negative, and you do not have a high temperature, you may end your self-isolation after the second negative test result.

*Please follow this instruction. You do* *not need to complete the rest of this report.*

**If the PCR test is unclear, void, borderline or inconclusive test result:**

*If you had a PCR test and your sample could not be read, you’ll need to get another test as soon as possible. Please follow guidance provided to you by NHS/Track and Trace.*

*Please follow this instruction. You do* *not need to complete the rest of this report.*

**If you have yet to receive the result of the PCR test:**

You must self-isolate. Please check gov.uk for details on what your [household members](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection) need to do.

*Please follow this instruction. You do* *not need to complete the rest of this report.*

1. **Have you been in close contact with someone who is experiencing symptoms of COVID-19 and is waiting for test results?**

[ ] No, go to question 3.

[ ] Yes.

If you are living with a household member with symptoms of Covid please let the RAD know as soon as possible so risk can be managed as far as possible of any potential transmission.

At this stage you do not need to self-isolate. You should take extra care in practising social distancing and good hand and respiratory hygiene. It is strongly advised to take a LFD test every day for 7 days or until 10 days since their last contact with the person who tested positive for COVID-19 if this is earlier. If any of these LFD tests are positive you should self-isolate in order to protect other people.

If after, you have been notified by your close contact they tested positive and/or track and trace you will need to follow government guidance. You do not need to self-isolate if any of the following apply:

* you are fully vaccinated
* you are below the age of 18 years and 6 months
* you have taken part in or are currently part of an approved COVID-19 vaccine trial
* you are not able to get vaccinated for medical reasons

Guidance on when an individual is not required to self-isolate can be found at [gov.uk.](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/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person)

Guidance on how to stay safe and stop the spread can be found at [gov.uk](https://www.gov.uk/guidance/covid-19-coronavirus-restrictions-what-you-can-and-cannot-do).

**2a. What date were you in close contact with the individual with COVID-19 symptoms?**

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1. **Have you been in close contact with someone who has tested positive and/or you have been alerted by the NHS Track and Trace service?**

[ ] No, go to question 4.

[ ] Yes, see below for what you must do:

* If you are living with a household member with Covid please let the RAD know as soon as possible so risk can be managed as far as possible of any potential transmission.
* You [may not be required to self-isolate](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/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person#exempt) if you are notified that you are a contact of someone who tested positive for COVID-19, for example if:
  + you are fully vaccinated
  + you are below the age of 18 years and 6 months
  + you have taken part in or are currently part of an approved COVID-19 vaccine trial
  + you are not able to get vaccinated for medical reasons

It is strongly advised that you take a rapid lateral flow device (LFD) test every day for 7 days or until 10 days since their last contact with the person who tested positive for COVID-19 if this is earlier. If any of these LFD tests are positive you should self-isolate in order to protect other people.

* If none of the above apply you must stay at home and self-isolate. Your isolation period includes the date of your last contact with the person who had a positive test result for COVID-19 and the next 10 full days. This means that if, for example, your last contact with them was at any time on the 15th of the month your isolation period ends at 23:59 on the 25th. Do not go to work, school, or public areas, and do not use public transport or taxis. If anyone you live with is [clinically extremely vulnerable](https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19), stay away from them as much as possible.

1. **Is someone in your household having symptoms associated with COVID-19?**

Symptoms include – High temperature – 37.8C or higher; new, continuous cough; and/or loss of or change to sense of smell or taste

[ ] No, go to question 5.

[ ] Yes, you must follow the guidance for [household members](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1020868/20210922_COVID19_Stay_at_home_Illustrated_household_guide.pdf) provided on [gov.uk](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection), please let the RAD know as soon as possible so risk can be managed as far as possible of any potential transmission.

1. **Is someone in your household having to self-isolate due to being in contact with a positive case?**

[ ] No, come to the RAD as normal

[ ] Yes. Please let the RAD know as soon as possible so risk can be managed as far as possible of any potential transmission.

**NOTES:**

Please record other key detail relevant to the case in the box below. This may include but not limited to other details relevant such as testing, developing symptoms and of feeling better.

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**Thank you for completing this form. Good care, kind wishes.**

**Appendix A**

**Contact Guidance**

[Gov.uk](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/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person) provides guidance on what is a ‘contact’ of COVID-19. The current advice records:

“A contact is a person who has been close to someone who has tested positive for COVID-19. You can be a contact any time from 2 days before the person who tested positive developed their symptoms (or, if they did not have any symptoms, from 2 days before the date their positive test was taken), and up to 10 days after, as this is when they can pass their infection on to others. A risk assessment may be undertaken to determine this, but a contact can be:

* anyone who lives in the same household as another person who has COVID-19 symptoms or has tested positive for COVID-19
* anyone who has had any of the following types of contact with someone who has tested positive for COVID-19:
  + face-to-face contact including being coughed on or having a face-to-face conversation within one metre
  + been within one metre for one minute or longer without face-to-face contact
  + been within 2 metres of someone for more than 15 minutes (either as a one-off contact, or added up together over one day)

A person may also be a close contact if they have travelled in the same vehicle or plane as a person who has tested positive for COVID-19.

If you have been identified as a contact, you have been assessed as being at risk of developing COVID-19, even if you don’t currently have symptoms. You should follow all the guidance in this document.

An interaction through a Perspex (or equivalent) screen with someone who has tested positive for COVID-19 is not usually considered to be a contact, as long as there has been no contact such as those in the list above.

If you are a contact of someone who has tested positive for COVID-19 you will be notified by the NHS Test and Trace service via text message, email or phone and should follow the guidance closely.