County Durham

Covid-19 Cue Cards to support case management

v6 – 14 Dec 2020

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Key Symptoms

Main symptoms of coronavirus are:

- **a high temperature**

- **a new, continuous cough** – coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours

- **a loss or change to sense of smell or taste**

- Most people with coronavirus have at least 1 of these symptoms.

- Some people have no symptoms (asymptomatic)

Coronavirus: Key symptoms

Fever and tiredness

Continuous cough

Loss of taste or smell

Breathing difficulties

Source: NHS

BBC
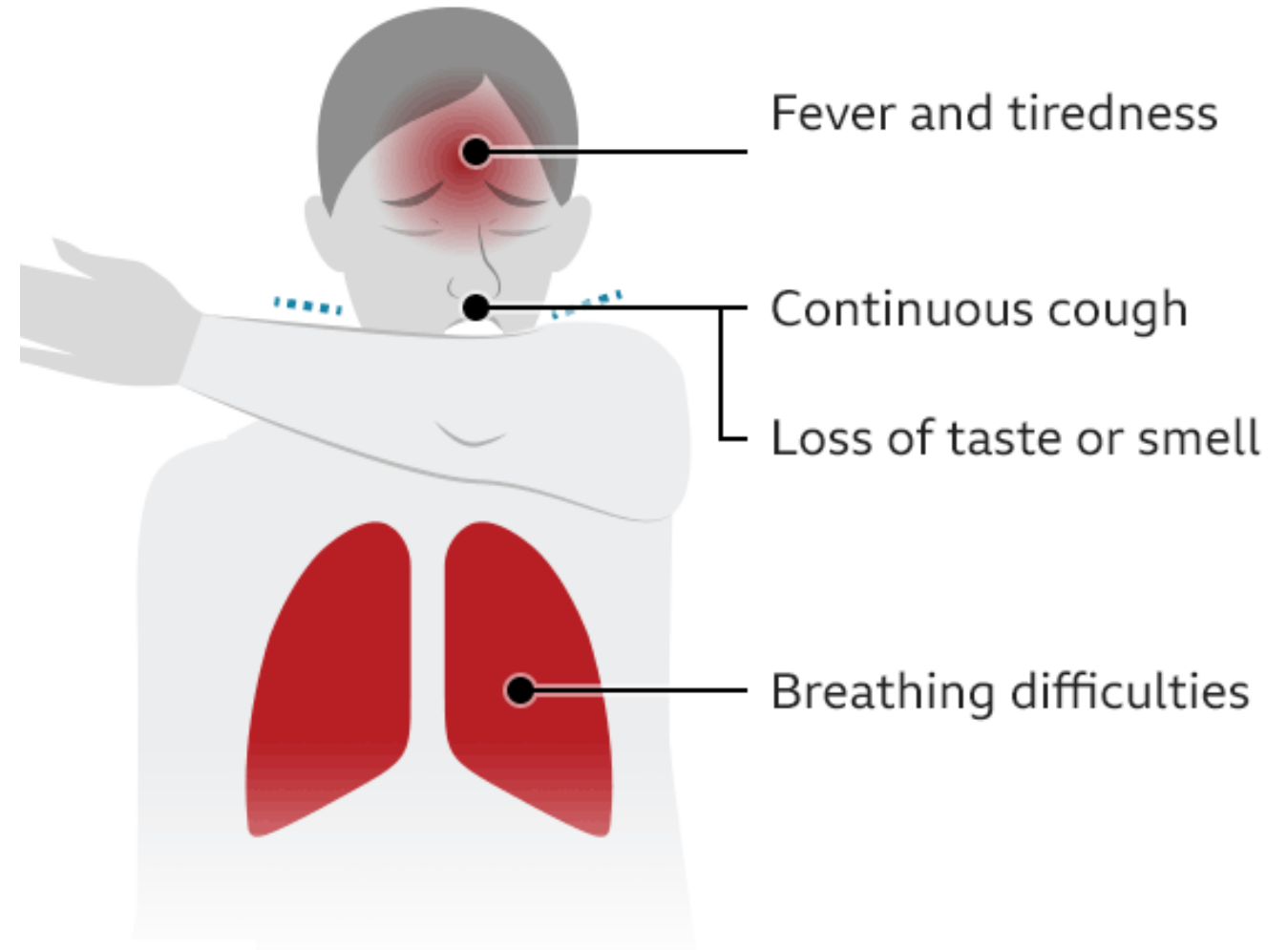
How Covid-19 can be transmitted

Directly	or	Indirectly
• Infected people have the virus in their mouths, noses, and throats • Saliva, respiratory secretions or secretion droplets come out when coughing, sneezing, speaking or singing • The droplets can directly enter the mouth, nose or eyes of another person and enter their lungs		• Surfaces may be contaminated when infected respiratory secretions land on them • Virus survives on these surfaces • People touch these surfaces • Hands can transfer virus to their mouth, nose, or eyes

Wash **HANDS**   Cover **FACE**   Make **SPACE**

Wash your hands

Use a tissue for coughs

Avoid touching your face

Definition of a Close Contact

Below is the confirmed definition of a close contact for you to apply in regard to the staff member who has tested positive.

- A person who lives with or spends significant time in the same household as a confirmed case of coronavirus (COVID-19).

- Having direct face-to-face contact or direct physical contact with a confirmed case for any length of time

- Being less than 1m from a confirmed case for 1 minute or longer

- Being less than 2m from a confirmed case for more than 15 mins

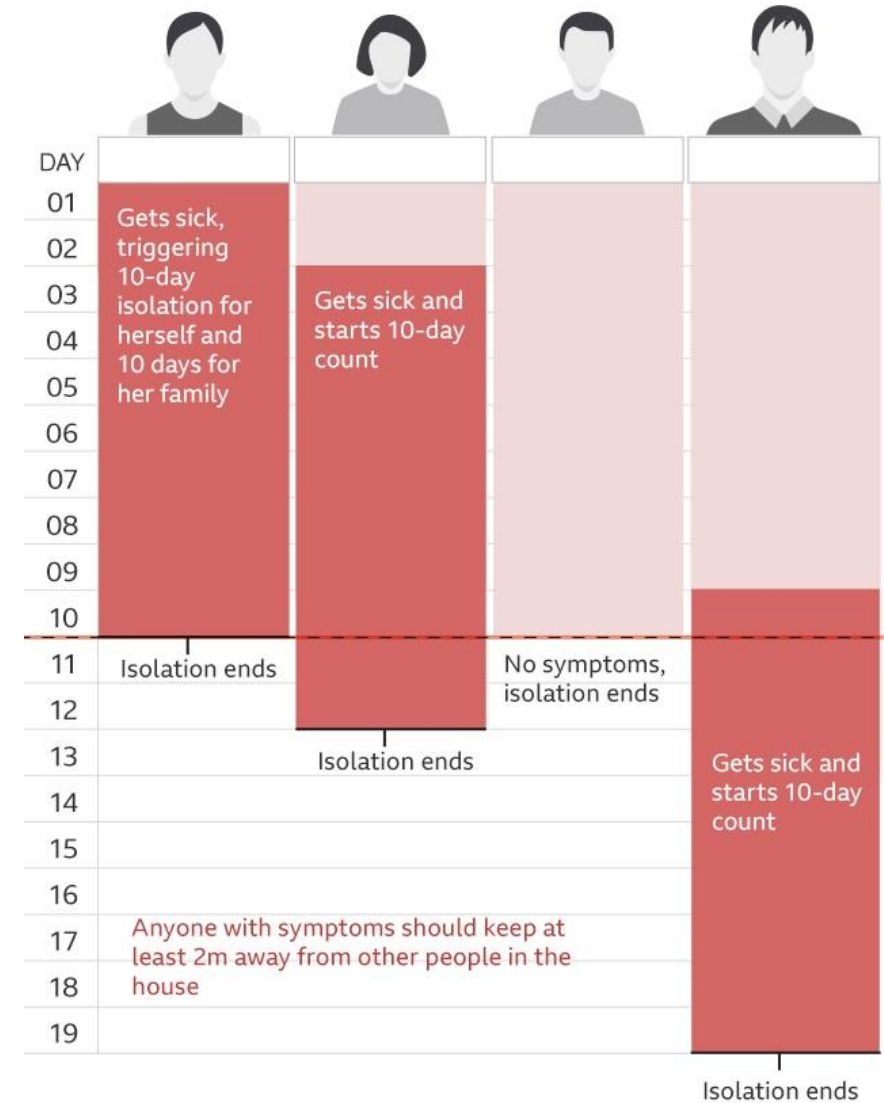- Travelling in a small vehicle with a confirmed case

Self-isolation

10 DAYS
- If you develop symptoms of COVID-19 and or test positive whichever is the earlier date.

- If someone you live with, or who is in your [support bubble](), develops symptoms

- If you are told by NHS Test and Trace that you are a close contact of a confirmed case. If you then test positive for COVID-19 you should self-isolate for 10 days from the date your symptoms started.

If you are self-isolating:
- Do not go to work, school or public places (including shops)
- Do not use public transport or use taxis
- Do not have visitors in your home (except people providing essential care)
- Do not go out to exercise

What happens if someone in your family gets sick?*

DAY
01 — Gets sick, triggering 10-day isolation for herself and 10 days for her family
02
03 — Gets sick and starts 10-day count
04
05
06
07
08
09
10
11 — Isolation ends — No symptoms, isolation ends
12
13 — Isolation ends
14 — Gets sick and starts 10-day count
15
16
17 — Anyone with symptoms should keep at least 2m away from other people in the house
18
19 — Isolation ends

People may be able to pass on coronavirus without showing any symptoms

*In force from 10 December in Wales and 14 December England, Scotland and Northern Ireland

Source: Public Health England advice   BBC

Adherence to self isolation: A negative test

If you have been told to self-isolate for 10 days because you have been identified as a close contact with someone with COVID-19. A negative test will not shorten the self-isolation timescale.
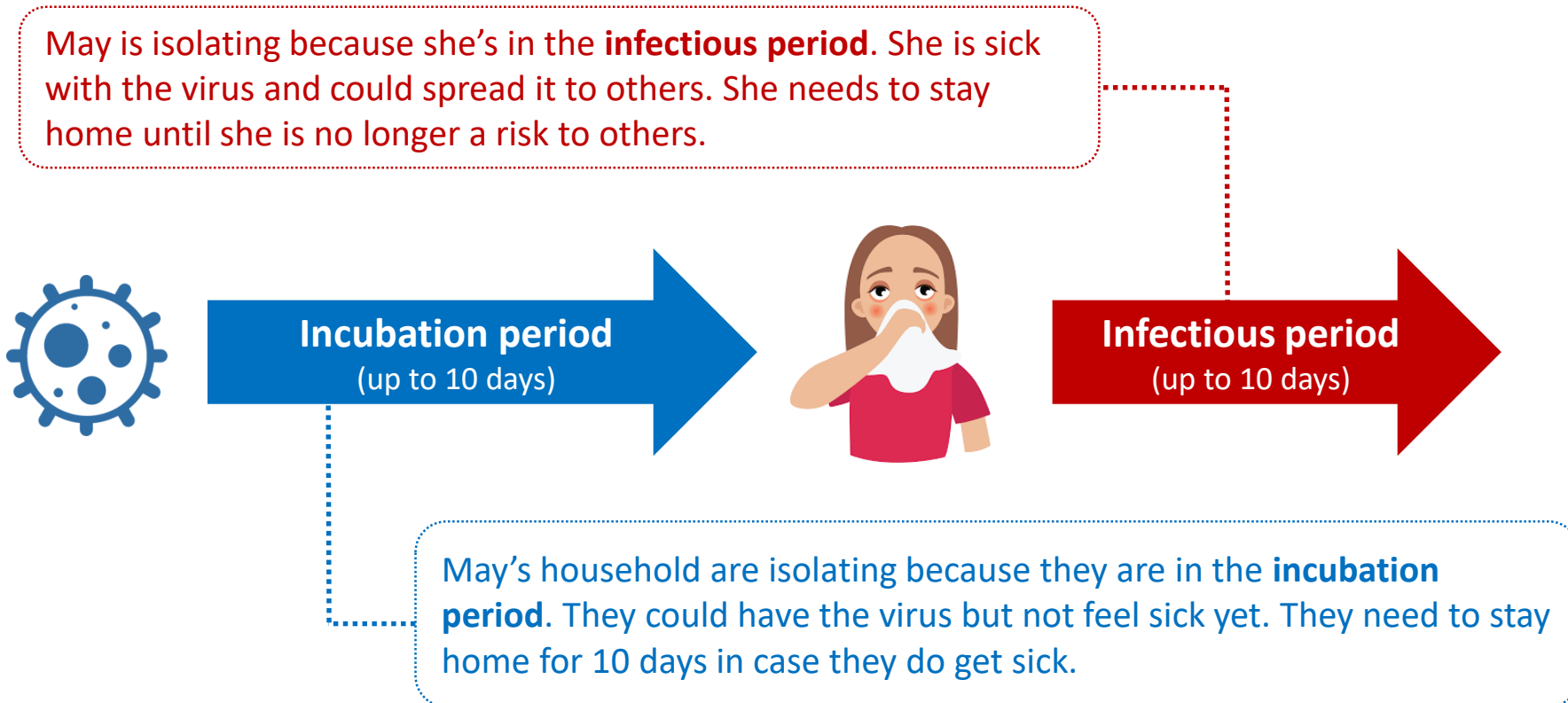
'I don't have any symptoms – I'm going to get a test because if it is negative then I won't need to self-isolate anymore. I'll be able to go back to work / school etc'

FALSE

- You must stay at home for 10 days even if you test negative.

- The virus can take up to 10 days to make you feel sick (incubation period).

- You should only get tested if you have COVID-19 symptoms.

Infectious and Incubation Period

• Infectious period: 2 days before onset of symptoms or test date if asymptomatic until 10 days after

• Incubation period (time from exposure to the development of symptoms): 2-10 days with an average of 5 days

May is isolating because she's in the **infectious period**. She is sick with the virus and could spread it to others. She needs to stay home until she is no longer a risk to others.

Incubation period
(up to 10 days)

Infectious period
(up to 10 days)

May's household are isolating because they are in the **incubation period**. They could have the virus but not feel sick yet. They need to stay home for 10 days in case they do get sick.

Winter illness developing into Covid - infectious period and self isolation

Infectious Period

To identify the infectious period of cases who have started out with a winter illness (eg. tonsilitis, sore throat, headache etc) which then continue to develop into one or all of the three classic Covid symptoms, we have agreed with regional PHE Health Protection Team that day zero for symptoms is first day of winter illness symptoms. We track back 48 hours from onset of these but we don't go back longer than 5 days of symptoms from the covid symptoms starting to find day zero.

Isolation Period

As agreed with regional PHE Health Protection Team the isolation period of these cases should still be counted in the normal way with the day the Covid symptoms started (day zero for isolation) as The time period to calculate the persons 10 days self-isolation.

Day zero for symptoms

2020 SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
					winter symptoms	
6	7	8	9	10	11	12
	winter symptoms		Covid symptoms			
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Day zero for isolation

Catching it twice?

Positive Twice

Cases that have had a repeat positive test at any point within 90 days of a previous positive test without any new symptoms do NOT need to extend their self-isolation period beyond 10 days. (The repeat positive test could be due to a persistently positive test associated with the original infection, rather than a new infection as fragments of inactive virus can remain for some time following infection).

Anyone who has previously received a positive test result for COVID-19 should only be re-tested within a 90-day period if they develop any new symptoms of COVID-19.

Symptoms Twice

The case should only be considered to have a new episode of infection and therefore be required to self-isolate for a further 10 days and complete contact tracing if:

• repeat positive test outside of the 90 day window

• repeat positive test within 90 days but with a new onset of symptoms consistent with COVID-19

Testing

- You should **only get a test if you develop COVID-19 symptoms** (high temperature, new continuous cough, loss of taste and smell).

- You **do not** need to get a test if you find out you are the contact of a confirmed COVID-19 case but you do not have COVID-19 symptoms.

- Its important to get tested as soon as symptoms develop, you need to have the test within the first **8 days** of symptoms.

To book a test

A test can be ordered:

- Education setting staff to go through DCC Occ Health as a priority key worker group http://intranet.durham.gov.uk/pages/Coronavirus.aspx

- Through the Gov portal www.gov.uk/get-coronavirus-test

- Through the COVID-19 app www.nhs.uk/apps-library/nhs-covid-19

- Calling 119