



Strathaven Academy

Test and Protect Process

October 2020

The background features a stylized illustration of people in a public space. On the left, a person with brown skin and short hair is seen from the back, wearing a yellow shirt. On the right, a person with purple skin is seen from the back, wearing a purple long-sleeved shirt and gesturing with their right hand. The background is a light purple color with some architectural elements like a railing on the left.

Test and Protect

Help stop the spread of coronavirus (COVID-19)

Test and Protect is Scotland's approach to preventing the spread of coronavirus in the community.

What is the purpose of Test and Protect?

Test and Protect is Scotland's way of putting into practice the test, trace, isolate, support strategy.

It will prevent the spread of coronavirus in the community by:

- identifying cases of coronavirus through testing
- tracing the people who may have become infected by spending time in close contact with them
- supporting those close contacts to self-isolate, so that if they have the disease they are less likely transmit it to others



Watch this short video that explains how the virus spreads
<https://www.youtube.com/watch?v=fzh1Q5GUv5M>

Test

The symptoms of COVID-19 are new:

- continuous cough
- high temperature
- loss or change in your sense of smell or taste

Anyone with the symptoms of COVID-19 should go online to www.nhsinform.scot to book a test.

If you or anyone you live with develop symptoms it is important that you self-isolate at home straight away until you have your test results.

Your parent/carers must phone the school to tell them that you or someone in your household is being tested.

NEGATIVE test result:

If everyone with symptoms who was tested in their household receive a negative result, everyone can stop self-isolating, providing they are well enough, and have not had a fever for 48 hours.

IMPORTANT:

Your parent/carer must let the school know that the test was negative before you return to school.



POSITIVE test result:

If you receive a positive result, you must self-isolate for 10 days. This starts from either the day you first experience symptoms or, if you are asymptomatic, from when the positive test was taken. NHS Test and Protect will inform you of the date that isolation ends.

The rest of the household needs to self-isolate for 14 days, even if they do not have symptoms.

IMPORTANT:

Your parent/carer must let the school know as soon as positive that the test was positive.

Trace

Everyone who tests positive for coronavirus will be put in touch with a NHS contact tracer to help identify who they've been in close contact with.



Watch this short video that explains what happens when a Test and Protect contact tracer calls you

<https://youtu.be/s0tIH2uXU-A>



If a Strathaven Academy pupil or member of staff tests positive for COVID-19, there are clear procedures that Mr Boyd needs to follow. These include:

- Completing a Risk Assessment
- Taking part in an online meeting with Public Health doctors and a Head of Education from South Lanarkshire Council
- Speaking to pupils, parents and staff who are identified as a close contact (this will be explained on the next slide)
- Sharing Public Health information letters via the school website, Twitter and School App.



The tracing process will ask a number of questions, including:

- Was the pupil/member of staff in school during the **‘infectious period’**?

The infectious period for positive Covid-19 cases is either:

- 48 hours before symptoms began

OR

- If asymptomatic (you do not display any symptoms) 48 hours before the time the positive test was taken

This means that if you are off school on a Wednesday because you have a high temperature, you get tested the same day and receive a positive result on the Thursday, the infectious period would be the Monday and Tuesday.

To prevent the virus spreading, it is important that **‘close contacts’** are identified

You are defined as a **‘close contact’** if during the **‘infectious period’** you have had any of the following with someone who tests positive:

- face-to-face contact within 1 metre for any length of time, including;
 - being coughed on
 - having a face-to-face conversation
 - having skin-to-skin physical contact
- any contact within 1 metre for one minute or longer without face-to-face contact (this includes sitting beside someone in class, at lunch or on a bus)
- a person who has travelled in a small vehicle with someone who has tested positive or in a large vehicle near someone who has tested positive

Track and trace also look at people who are considered to be a ‘proximity contact’.

You are defined as a ‘**proximity**’ if during the ‘**infectious period**’ you have been between 1 and 2 metres of someone who has tested positive COVID-19 for more than 15 minutes cumulatively during the ‘infectious period’ (48 hours).

This means if you sit beside someone for more than 5 minutes on 3 different occasions then you may be asked to self-isolate. It is important that you sit in your allocated seat in a classroom and know who you were beside at lunch/interval.

Pupils over the age of 16 can download the NHS Scotland Test and Protect App which alerts you if you have been in close contact with someone who later tests positive.

Isolate

Self-isolation means you should remain at home and should not go to work, school, public areas or use public transport. You should not go out to buy food or other essentials. You must stay at home.

While you are self-isolating, you should:

- stay at least 2 metres (6 feet, or 3 steps) away from other people in your home
- as much as possible, stay in a different room from other people in your home, ensuring the windows are open
- sleep alone in a separate bed
- spend as little time as possible in shared areas (sitting room, kitchen, bathroom)
- use a separate towel to dry your hands after you wash them
- clean your kitchen, bathroom and other surfaces throughout the house every day

Support

If you have been told to isolate, and you are feeling well enough, you should be doing school work at home.

What do you need to do?

- Make sure you check Google Classroom, Show My Homework and your Glow email regularly
- Complete work that has been set
- Message your teacher if you have any questions
- Keep in touch with your friends – they may take photos of work done on the board etc.

What will the school do?

- Miss McGinlay or Mrs Wellcoat will keep in contact with you and your parent/carer via email or phone during your period of isolation.
- If you do not have access to a tablet/laptop, please let them know or contact the school office.



Key safety messages for us all to think about!



**Cough or
sneeze Into
the crease of
your elbow or
in a tissue**

https://www.youtube.com/watch?v=Y_N1rTPhv04
<https://www.youtube.com/watch?v=jr09ByDYuq4>





If you have any questions, your PSE teacher will write them down and pass them to Mr Boyd.

If you are worried about anything to do with Covid, please speak to an adult.