

Connexion Covid FAQ's

This document outlines some frequently asked questions around COVID symptoms, self-isolation and specific guidance. If anyone has any further questions which are not contained in this document, please speak to Mike Freye in order for this to be clarified.

What should I do if I get symptoms?

Most people who feel ill with coronavirus **will have at least one of the key symptoms:**

- ☎ a high temperature
- ☎ a new, continuous cough (a coronavirus cough means coughing a lot for more than an hour, OR three or more coughing fits or “episodes” in 24 hours)
- ☎ a loss or change to their sense of smell or taste

If you personally experience symptoms in line with the above, you must get a test as soon as reasonably possible and self-isolate for at least 10 days. The test must be done in the first 5 days of having symptoms.

It is recommended to call NHS 111 to obtain further medical advice.

When should I self-isolate?

You must self-isolate immediately if:

- ☎ you have any symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)
- ☎ you've tested positive for coronavirus – this means you have coronavirus
- ☎ you live with someone who has symptoms or tested positive
- ☎ someone in your support bubble has symptoms or tested positive
- ☎ you're told to self-isolate by NHS Test and Trace
- ☎ you arrive in the UK from a country with a high coronavirus risk – <https://www.gov.uk/government/publications/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk>

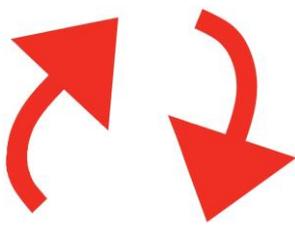
How long should I isolate for?

How long you need to self-isolate depends on if you have coronavirus (COVID-19) or you've been in close contact with someone who does.

If you have symptoms and have not had a test, stay at home and get a test to check if you have coronavirus as soon as possible.

Please refer to the guidance provided by the NHS on this link to determine the length of isolation required.

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-long-to-self-isolate/>



Connexion Covid FAQ's

What should I do if NHS Test and Trace contact me?

This means that someone you have been in close contact with has tested positive for Coronavirus. They will tell you to self-isolate for 14 days. People you live with, or are in your support bubble, do not need to self-isolate.

If you get symptoms while self-isolating, you must get a test as soon as possible. Your household and/or support bubble must self-isolate until you get your test results.

If you test positive, you must self-isolate for an additional 10 days and your household and/or support bubble must self-isolate for 14 days from when your symptoms started.

If you test negative, you must keep self-isolating for the remainder of the 14 days, but your household and/or support bubble can stop self-isolating if they don't have symptoms.

What should I do if a member of my household and/or support bubble gets symptoms or tests positive?

You must self-isolate for 14 days. You do not need to get a test unless you develop symptoms. If you develop symptoms during this 14-day period, you must self-isolate for an additional 10 days from the start of the symptoms.

If your child has been sent home to self-isolate due to having symptoms, you must follow government guidance which states that the whole household must isolate until test results are received. If your child tests positive, the whole household must isolate in line with government guidance.

If your child's class group or school shuts and your child is NOT symptomatic, the employee does not need to self-isolate and can continue to attend the workplace. If your child begins to display symptoms, you must follow earlier guidance and self-isolate.

What happens if someone on my pod tests positive or lives with someone who tests positive?

If someone on your pod has tested positive and has been in the office whilst symptomatic, the entire pod would be required to self-isolate for 14 days.

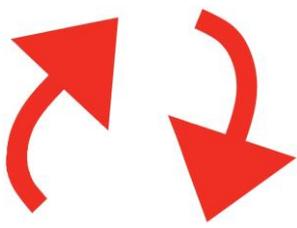
If someone on your pod lives with someone who has symptoms, this person would be required to self-isolate for 14 days in line with government guidance.

The company will also request the entire pod of this person to work from home for a minimum of 3 days, as a pre-cautionary measure above and beyond government guidance.

An assessment will be made after the 3-day working from home period to determine if this person has started to display symptoms before the pod can return to Connexion Developments. The company will advise the appropriate action based on results of this assessment.

Am I expected to work from home if I am self-isolating?

If you are self-isolating and are not experiencing symptoms, you will be required to work from home for the full isolation period.



Connexion Covid FAQ's

If you are experiencing symptoms and unable to work due to feeling unwell, the sickness absence policy be adhered to.

What should I do if I test negative for Coronavirus?

You do not need to self-isolate if your test is negative, as long as:

- 🕒 everyone you live with who has symptoms tests negative
- 🕒 everyone in your support bubble who has symptoms tests negative
- 🕒 you were not told to self-isolate for 14 days by NHS Test and Trace
- 🕒 you feel well – if you feel unwell, stay at home until you're feeling better

You will still be required to self-isolate for the full 14-day period if you arrive in the UK from a country with a high coronavirus risk, even if you test negative.

What should I do if I receive an 'inconclusive' test result for Coronavirus?

An unclear, void, borderline or inconclusive result means it's not possible to say if you had coronavirus when the test was done. You should get another coronavirus test as soon as possible if this happens.

If you had a test because you had symptoms, you must keep self-isolating and have another test:

- 🕒 within 8 days of your symptoms starting (England)

If you're not able to have another test in time, you must self-isolate for at least 10 days from when your symptoms started. Anyone you live with, and anyone in your support bubble, must self-isolate for 14 days.

If you had a test but have not had any symptoms, you do not need to self-isolate while you wait to get another test. People you live with, and anyone in your support bubble, do not need to self-isolate.

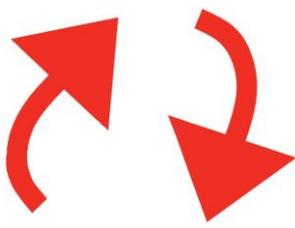
What should I do if I've been in 'close contact' with someone who has Coronavirus?

NHS guidance states that you do not need to self-isolate unless you're contacted by the NHS Test and Trace service however, you should take extra care to follow social distancing advice, including washing your hands often.

Connexion workplace guidance is that if you have been in 'close contact' with someone who has tested positive for Coronavirus and the person who has tested positive has notified you prior to or in the absence of NHS Test and Trace, you should self-isolate and work from home.

Connexion has decided to apply the definition of 'close contact' more rigorously in order to reduce the risk to all employees. Any interaction for any period of time will be deemed as close contact, in addition to the 'close contact' definition below.

If you get any Coronavirus symptoms, you must self-isolate and get a test as soon as possible.



Connexion Covid FAQ's

What does 'close contact' mean?

A 'close contact' is a person who has been close to someone who has tested positive for COVID-19 anytime from 2 days before the person was symptomatic up to 10 days from onset of symptoms (this is when they're infectious to others). This could be a person who:

- ☎ spends significant time in the same household
- ☎ is a sexual partner
- ☎ has had face-to-face contact (within one metre), including:
 - being coughed on
 - having skin-to-skin physical contact, or
 - contact within one metre for one minute
- ☎ has been within 2 metres of someone who has tested positive for COVID-19 for more than 15 minutes
- ☎ has travelled in a small vehicle, or in a large vehicle or plane

Where an interaction between 2 people has taken place through a Perspex (or equivalent) screen, this would not be considered sufficient contact, provided that there has been no other contact such as any of those indicated above.

Further reading

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-long-to-self-isolate/>

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/>

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/what-to-do-if-symptoms-get-worse/>

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-to-avoid-spreading-coronavirus-to-people-you-live-with/>

We will continue to regularly monitor any changes or additions to the government guidance and update this and any related documents accordingly. If you have any questions that are not included within our COVID 19 policies, please speak to Mike Freye.