

## COVID-19 infections are rising – take action

COVID-19 infections are rising again in Cumbria.

The new Delta variant of the covid virus is causing the infections.

We need the support of everyone in Cumbria to help stop the spread of covid. Because the Delta variant is more contagious and many people have not yet had both vaccine doses, there is still the risk that large numbers of people could become seriously ill if infection spreads.

You can help prevent the virus spreading:

- Do regular rapid result covid tests (Lateral Flow) at home as part of your family's weekly routine and register the results online. Visit **cumbria.gov.uk/covidtesting** to find out where you can get test kits. If the test is positive, self-isolate and book a confirmatory PCR test. Book PCR tests at **GOV.UK/get-coronavirus-test**
- If your child is of primary/nursery school age, we do not recommend rapid result covid tests (Lateral Flow). If your child attends a primary or nursery education setting and either develops symptoms or is asked to get tested by their education setting or health professional, please book a PCR test at **GOV.UK/get-coronavirus-test**
- If you or your children have covid symptoms – new persistent cough, high temperature, loss of taste or smell – book a PCR test through the national system and self-isolate until you get your result. Do not send your child to school if they have symptoms. If you're not sure about the symptoms, get tested as a precaution. If anyone tests positive, they must self-isolate for 10 days. **GOV.UK/get-coronavirus-test**
- Follow advice given to you by your child's school. They are following the local advice from Cumbria's own Public Health Department who understand what is happening locally. Sometimes this advice could be different to what you will be told if you call 119 or look at GOV.UK.
- Get vaccinated as soon as you are able. National data is showing that around 95% of people now being admitted to hospital have not been vaccinated. Visit **NHS.UK** to book.
- Stay vigilant and follow the simple public health guidance – washing hands, wearing masks, keeping your distance and meeting outdoors are effective at preventing spread.
- Following Government advice, minimise travel into the Lancashire or Greater Manchester areas.
- If you do travel out of the county take a rapid result covid test on your return home, get a confirmatory PCR test if you test positive and self-isolate.
- Remember financial support may be available if you need to self-isolate. Check your **District Council website** to see if you are eligible.

Yours sincerely,

**Colin Cox**

Director of Public Health

**COVID-19 Testing  
and Isolation  
Advice - 14 June  
2021**

**Public Health  
Advice for  
Parents**

Situation	Should I get a PCR test and isolate? What about others in my household?	When can I stop isolating?
My child has one or more symptoms of COVID-19 (continuous cough, high temperature, change to sense of taste/smell)	<p>Child should get a PCR test</p> <p>Child and rest of household isolate immediately</p>	<p><b>PCR test negative:</b> child and household end isolation straight away (as long as not close contacts).</p> <p><b>PCR positive:</b> Child and household can end isolation on date advised by education setting or Track &amp; Trace service.</p>
My child is ill but does not have COVID-19 symptoms	<p>Only get a PCR test for your child if told to do so by their education setting (who will have been advised by Public Health).</p> <p>Child and rest of household should isolate until the result of the PCR is known.</p>	<p><b>PCR test negative:</b> child and household end isolation straight away (as long as not close contacts)</p> <p><b>PCR positive:</b> Child and household can end isolation on date advised by education setting or Track &amp; Trace service.</p>
My child aged 0-16 has been identified as a close contact of a positive case	<p>No PCR test required unless:</p> <ul style="list-style-type: none"> <li>• Child develops symptoms</li> <li>• Your child's setting says a PCR test has been advised by Public Health</li> </ul> <p>Child needs to isolate (but not rest of household)</p>	<p>Child ends isolation on date advised by education setting or Track &amp; Trace service (even if they get a negative PCR test result during isolation period)</p> <p>Rest of household do not need to isolate unless identified as close contacts themselves.</p>

Situation	Should I get a PCR test and isolate? What about others in my household?	When can I stop isolating?
My child has done an LFD test and it is positive	<p>Child needs to get a PCR test within 2 days of a positive LFD test result.</p> <p>Child and rest of household isolate whilst waiting for PCR result.</p>	<p><b>PCR test negative:</b> child and household end isolation straight away (as long as not close contacts)</p> <p><b>PCR positive:</b> Child and household can end isolation on date advised by education setting or Track &amp; Trace service.</p>
My child is <b>not</b> a close contact and does not have symptoms, but has been advised to get a PCR test anyway by public health	<p>Please follow advice and support your child to get a PCR test.</p> <p>Child and rest of household do not need to isolate whilst waiting for the PCR result</p>	<p><b>PCR test negative:</b> no isolation required</p> <p><b>PCR positive:</b> Child and household need to start isolation. Household can end isolation on date advised by Track &amp; Trace service.</p>
My child is <b>not</b> a close contact of a positive case, does not have symptoms and has NOT been advised to get a PCR test	<p>Secondary school aged children and all adults are advised to test twice weekly with Lateral Flow Device kits. Find out where to get LFD kits <b>here</b></p> <p>LFDs should not be used on children younger than secondary school age</p>	<p>Your child and the rest of the household only need to isolate if the LFD test result shows as positive.</p> <p>If your LFD test result is positive, get a PCR result within 2 days.</p>

Please note: If you have tested positive via PCR for COVID-19 within the past 90 days, you only need to get a PCR test again if you develop new COVID-19 symptoms

**You can book a PCR test here: [www.gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test) or by calling 119 if you do not have internet access**