

Self isolation and Contact tracing in under 18s Overview

Self isolation guidance

- Those identified as close contacts will still need to self-isolate unless:
they are under 5 years old and have no symptoms (a PCR test is encouraged, but not required)
- they are between 5 and 18 years old and have a negative PCR test (can end isolation on receipt of negative PCR test)
- they are over 18 and are fully vaccinated with 2 doses (and it has been over 14 days since their second dose) and have a negative PCR test (can end isolation on receipt of negative PCR test)

For other groups, such as the staff who are not yet vaccinated or who have only had a single dose of the vaccine, isolation advice would continue as before, and they should self-isolate for 10 days since their last exposure to a positive case.

N.B. If a close contact has had a positive PCR test in the last 90 days, they do not need to do another PCR test to be exempt from self-isolation, provided they are under 18 or are fully vaccinated and remain asymptomatic.

Symptomatic individuals: must still self-isolate immediately when symptoms of COVID-19 start and get tested, and their household should all self isolate as well until the test result is received

Positive individuals for COVID-19: must still self-isolate and complete 10 full days of isolation regardless of vaccination status, or any further test results after their initial positive test.

Contact Tracing in under 18s

High risk of transmission: TAP will contact trace and identify individual contacts where the nature of the contact presents a high risk of transmission to children, young people and adults (e.g. household, sleepover, intimate), and give them individualised messages about testing and self-isolation according to national guidance (as above).

This is applicable for possible exposure when either the positive case or the contact are under 18.

For example:

- Child to child contact
- Child to adult contact
- Adult to child contact

Examples of high risk of transmission include:

- sharing a household with the case
- having a sleepover with the case
- intimate contact with a case e.g. kissing, sharing a cigarette/the same sweet/etc, any sexual contact

Low risk of transmission: Whole classes or groupings of pupils where the nature of contact presents a low risk of transmission will no longer be contacted individually or required to self-isolate; they will receive a warn and inform letter instead. Note, the letter does not need to be repeatedly sent multiple times in a short time if there are several cases in quick succession.

Examples of low risk of transmission include:

- being the same class or school year as the case
- communal dining
- sharing common entry and exit points
- general playground contacts
- sharing transport to school including buses
- friendship groups where there is no significant high risk exposure as outlined above
- cuddling young children
- changing nappies in nurseries

N.B. Contact tracing in over 18s (i.e where both the case and the contact are over 18) remains unchanged and close contacts will be identified using the 'standard' contact tracing definition as per PHS guidance, section 8 page 15: <https://publichealthscotland.scot/media/3308/covid-19-contact-tracing-guidance-hpt-v35.pdf>

Likely focus of contact tracing in Education settings by TAP

Setting	Case is over 18/staff	Case is under <18/pupil
ELC/Nurseries	Staff: contacts as per standard CT Pupil: Unlikely to be any 'high risk transmission' contacts	Staff: Unlikely to be any 'high risk transmission' contacts Pupil: Unlikely to be any 'high risk transmission' contacts in setting + also under 5
Primary	Staff: contacts as per standard CT Pupil: Unlikely to be any 'high risk transmission' contacts	Staff: unlikely to be any 'high risk transmission' contacts Pupil: some 'high risk transmission' contacts – parents or case should be able to identify.
Secondary	Staff: contacts as per standard CT Pupil: Unlikely to be any 'high risk transmission' contacts	Staff: unlikely to be any 'high risk transmission' contacts Pupil: some 'high risk transmission' contacts – parents or case should be able to identify.
ASN School	Staff: contacts as per standard CT Pupil: likely some 'high risk transmission' contacts from close nature of care, etc– <u>school</u> will need to help identify.	Staff: likely some 'high risk transmission' contacts from close nature of care, etc– <u>school</u> will need to help identify. Pupil: possibly some 'high risk transmission' contacts – <u>school</u> will need to help identify.