



EGHC Covid Guidance 28th September 2020

Members should not attend hockey activity and that they should notify Donna, as the Covid Officer, if they become sick with Covid-19 symptoms, test positive for Covid-19 or have been exposed to a suspected or confirmed case. ***Please see the below Government Guidelines.**

Members should contact the Covid Officer as soon as they suspect that they have Covid-19 symptoms.

The Covid Officer will ask the member to contact [NHS Track and Trace](#) if they haven't already.

The Covid Officer will liaise with the manager of the team to arrange for the other members to be aware that there is a suspected case of Covid and to monitor their own health. NHS may get in contact with them if they have been in direct contact and need to self-isolate.

If a match has been played, the Covid Officer will contact the Covid Officer from the opposition team, and any match officials, to inform them of a suspected case. NHS may get in contact with them if they have been in direct contact and need to self-isolate.

The Covid officer will contact England Hockey to inform them of a suspected or actual case through the Covid Incident Reporting Form.

You may also be contacted by NHS Track and Trace to provide attendance information and contact details of those that is needed.

The Member will contact the Covid Officer to follow up after the self-isolation period has been completed and check that they are

ready to return to hockey activities. The Covid Officer will inform coaches and managers when the participant is ready to return to training.

Covid Officer Donna Sadler: 07739791076

Government Guidelines

If you have [symptoms](#) of COVID-19 however mild, self-isolate for at least 10 days from when your symptoms started. You should arrange to have a test to see if you have COVID-19 – go to [testing](#) to arrange. Do not go to a GP surgery, pharmacy or hospital.

If you are not experiencing symptoms but have tested positive for COVID-19, self-isolate for at least 10 days, starting from the day the test was taken. If you develop symptoms during this isolation period, restart your 10-day isolation from the day you developed symptoms.

From 28 September, you could be [fined](#) if you do not stay at home and self-isolate following a positive test result for COVID-19 or if you are contacted by NHS Test and Trace and instructed to self-isolate.

After 10 days, if you still have a temperature you should continue to self-isolate and seek medical advice. You do not need to self-isolate after 10 days if you only have a cough or loss of sense of smell or taste, as these symptoms can last for several weeks after the infection has gone. See the ending isolation section below for more information.

If you live with others, all other household members need to stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the household became ill or if they do not have symptoms, from the day their test was taken. If anyone else in the household starts displaying symptoms, they need to stay at home for at least 10 days from when their symptoms appear, regardless of what day they are on in their original 14-day isolation period. The ending isolation section below has more information.

If you have [symptoms](#), try and stay as far away from other members of your household as possible. It is especially important to stay away from anyone who is clinically vulnerable or clinically extremely vulnerable with whom you share a household.

Reduce the spread of infection in your home by washing your hands regularly for 20 seconds using soap and water, or use hand sanitiser, and cover coughs and sneezes.

Consider alerting people who you do not live with and have had close contact within the last 48 hours to let them know you have [symptoms](#) of COVID-19.

Following a positive test result, you will receive a request by text, email or phone to log into the NHS Test and Trace service website and provide information about recent close contacts.

If you feel you cannot cope with your symptoms at home, or your condition gets worse, then use the [NHS 111 online](#) COVID-19 service. If you do not have internet access, call NHS 111. For a medical emergency dial 999.

If you develop COVID-19 [symptoms](#) again at any point after ending your first period of isolation (self or household), follow the guidance on self-isolation again. The section below has further information.

Who is this guidance for?

This guidance is intended for:

- people who have received a positive test result of COVID-19
- people with symptoms of COVID-19 who are waiting for a test result, or who have not been tested and do not require hospital treatment
- people living in households with someone who shows symptoms of or who has received a positive test result for COVID-19

Will my household be tested if we think we have COVID-19 symptoms?

Anyone with symptoms of COVID-19 needs to immediately self-isolate and arrange to have a test to see if they have COVID-19 - go to [testing](#) to arrange.

If you develop symptoms you may wish to alert the people who you do not live with and that you have had close contact with over the last 48 hours to let them know that you might have COVID-19 but are waiting for a test result. At this stage, those people should not self-isolate. Alerting those that you have been in contact with means they can take extra care in practising social distancing and good hand and respiratory hygiene. They can also be more alert to any symptoms they might develop.

People who have tested positive will receive a text, email or phone call requesting that they log into the NHS Test and Trace website to create a confidential account where they can record details about their recent close contacts. If you do not have access to the internet, then you will be phoned by a contact tracer working for the NHS Test and Trace service. The information you provide will be handled in strict confidence and will enable the NHS Test and Trace service to contact those people and provide them

with advice on whether they should go into self-isolation. The people contacted will not be told your identity, but by alerting them when you first develop symptoms, you can help make sure that they are prepared for being contacted by the Test and Trace service.

Ending self-isolation and household isolation

If you have had symptoms of COVID-19 or a positive test, then you may end your self-isolation after 10 days and return to your normal routine if you do not have symptoms other than cough or loss of sense of smell or taste. If you still have a high temperature, keep self-isolating until your temperature returns to normal and seek medical advice.

After 10 days, if you just have a cough or a loss of, or change in, your normal sense of taste or smell (anosmia), you do not need to continue to self-isolate. This is because a cough or anosmia can last for several weeks once the infection has gone. The 10-day period starts from the day when you first became ill.

If you continue to feel unwell and have not already sought medical advice, you should use the [NHS 111 online COVID-19 service](#). If you do not have internet access, call NHS 111. For a medical emergency dial 999.

Ending household isolation

After 10 days, if the first person to become ill feels better and no longer has symptoms other than cough or loss of sense of smell/taste they can return to their normal routine.

If you live with others, then everyone else in the household who remains well should end their isolation after 14 days. This 14-day period starts from the day the first person in the household became ill. People in the household who remain well after 14 days are unlikely to be infectious.

If anyone in the household becomes unwell during the 14-day period, they should arrange to have a test to see if they have COVID-19 – go to [testing](#) to arrange. If their test result is positive, they need to follow the same advice for people with COVID-19 symptoms – that is, after 10 days of their symptoms starting, if they feel better and no longer have symptoms other than cough or loss of sense of smell or taste – they can also return to their normal routine.

However, if their test result is negative, they need to continue with isolation as part of the household for the full 14 days.

Should someone develop COVID-19 symptoms late in the 14-day household isolation period (for example, on day 10 or later) the isolation period for the rest of the household does not need to be extended. Only the person with new COVID-19 symptoms has to stay at home for at least a further 10 days and should arrange to have a test to see if they have COVID-19 - go to [testing](#) to arrange.

At the end of the 14-day period, anyone in the household who has not become unwell can return to their normal routine.

If any person in the household with COVID-19 symptoms has not had any signs of improvement and has not already sought medical advice, they should use the [NHS 111 online COVID-19 service](#). If they do not have internet access, they should call NHS 111. For a medical emergency, they should dial 999.

A cough or anosmia (a loss of, or change, in the sense of taste or smell), may persist for several weeks in some people, despite the infection having cleared. A persistent cough or anosmia does not mean someone needs to continue to self-isolate for more than 10 days.

After ending self-isolation and/or household isolation

What to do if you have another episode of COVID-19 symptoms after the end of your first period of self-isolation or household isolation

If you develop COVID-19 symptoms again at any point after ending your first period of staying at home (self-isolation or household isolation), follow this guidance on [self-isolation](#) again.

This means stay at home for at least 10 days from when your symptoms started if you live alone and arrange to have a test. If you live in a household, stay at home for at least 10 days from when your symptoms started, arrange a test for yourself, and all other household members need to stay at home for 14 days.

This will help to ensure that you are continuing to protect others within your household and in your community by minimising the amount of infection that is passed on.

If you previously tested positive for COVID-19 and have another episode of symptoms, do you need to self-isolate again?

If you have tested positive for COVID-19, you will probably have developed some immunity to the disease. But it cannot be guaranteed that will happen in all cases, nor exactly for how long that will last.

If you have previously tested positive but develop symptoms again, self-isolate for at least 10 days from onset of symptoms and arrange to have a test. If you live in a household, all other household members need to stay at home for 14 days.

If you are concerned about your new possible COVID-19 [symptoms](#), use the [NHS 111 online COVID-19 service](#). If you do not have internet access, call NHS 111. For a medical emergency dial 999.

New legal requirements for self-isolation

From 28 September, you could be fined if you do not stay at home and self-isolate following a positive test result for COVID-19, or if you are contacted by NHS Test and Trace and instructed to self-isolate because you are a contact of someone who has had a positive test result. From this date, if you test positive for COVID-19, it will also be an offence to knowingly provide false information about your close contacts to NHS Test and Trace. Failure to comply with these requirements may result in a fine of up to £10,000. These regulations will only apply in England.