

## Larkrise Farm Covid-19 Action Table

What to do If:	Action Needed By you:	Action Needed by the Farm:	When to Return to the Farm:
<p><b>You have COVID-19 (coronavirus) symptoms</b></p> <ul style="list-style-type: none"> <li>• a high temperature</li> <li>• a new, continuous cough</li> <li>• a loss or change to your sense of smell or taste</li> </ul>	<ul style="list-style-type: none"> <li>• You should not attend the Farm.</li> <li>• You should self-isolate straight away.</li> <li>• You should get a PCR test.</li> <li>• You should follow guidance issued by the NHS</li> <li>• You should inform Wendy or Ashley immediately about test result.</li> </ul>	<ul style="list-style-type: none"> <li>• If part of a bubble, there is no need for members of the bubble to self-isolate, unless they're contacted by the NHS Test and Trace service then follow guidance for contacted by Test and Trace.</li> <li>• If the result is positive, then follow guidance for contact with someone tested positive with Covid-19.</li> <li>• If any member of the bubble gets symptoms of Covid-19, they should self-isolate and get a PCR test as soon as possible.</li> <li>• If the test is positive all members of the bubbles should book a PCR test and self-isolate.</li> <li>• The work area is to be sanitised.</li> </ul>	<p><b>If test is negative and you are well enough, symptom free for 48 hours and not advised to self-isolate by test and trace service.</b></p>
<p><b>You test positive for COVID-19 (coronavirus)</b></p>	<ul style="list-style-type: none"> <li>• You should not attend the Farm.</li> <li>• If you did a PCR test and the result was positive you are to self-isolate. You can leave self-isolation after 7 days if you get negative daily rapid flow test result on day 6 and 7 and you do not have a high temperature. The test must be 24 hours apart. If the test is positive, you must continue to self-isolate until you get 2 negative daily rapid lateral flow tests taken 24 hours apart, or you have completed 10 full days of self-isolation.</li> </ul>	<ul style="list-style-type: none"> <li>• All members of the bubble are to be told they have been in close contact with someone who as tested positive for Covid-19.</li> <li>• If part of a bubble, there is no need for members of the bubble to self-isolate if: <ul style="list-style-type: none"> <li>• they are fully vaccinated-this means 14 days have passed since your final dose of an approved Covid-19 vaccine.</li> </ul> </li> </ul>	<p><b>When you feel better and have been without a fever for at least 48 hours.</b></p> <p>You can return to the Farm if you meet the conditions listed if you have a cough or loss of smell/ taste. These symptoms can last for several weeks once the infection is gone.</p>

	<ul style="list-style-type: none"> <li>• If you stop self-isolation on or after day 7 and use the NHS app, the app will continue to countdown 10 days, but you do not need to self-isolate for the remaining days.</li> <li>• If you did a rapid lateral flow test and the result was positive you are to get a PCR test to confirm your result as soon as possible. <ul style="list-style-type: none"> <li>○ If you do the PCR test within 2 days of a positive rapid lateral flow test at a test site and your PCR test is negative, you can stop self-isolating. If you do the PCR test later than this, you'll need to self-isolate for 10 full days even if you get a negative PCR result.</li> </ul> </li> <li>• You are to inform Wendy or Ashley immediately about test results.</li> </ul>	<ul style="list-style-type: none"> <li>• they are under 18 years and 6 months old.</li> <li>• they have taken part in an approved Covid-19 vaccine trial.</li> <li>• they are not able to get vaccinated for medical reasons.</li> <li>• they are advised to do rapid lateral flow tests (1 a day for 7 days)</li> <li>• Follow Government guidelines for cleaning in non-healthcare settings outside the home.</li> <li>• If there are 2 or more staff/students test positive within 14 days of each other the farm is to close and follow advice from Public Health.</li> </ul>	
<p><b>If somebody in your household has COVID-19 (coronavirus) symptoms</b></p>	<ul style="list-style-type: none"> <li>• You can attend the farm if you do not have symptoms of Covid-19 and a negative PCR test</li> <li>• Household members should book a PCR test.</li> <li>• You should inform Wendy or Ashley immediately about test results.</li> </ul>	<ul style="list-style-type: none"> <li>• If part of a bubble, there is no need for members of the bubble to self-isolate unless the result is positive then follow guidance for contact with someone tested positive with Covid-19</li> <li>• The work area is to be sanitised.</li> </ul>	<p>You can return to the Farm if you meet the conditions listed.</p>

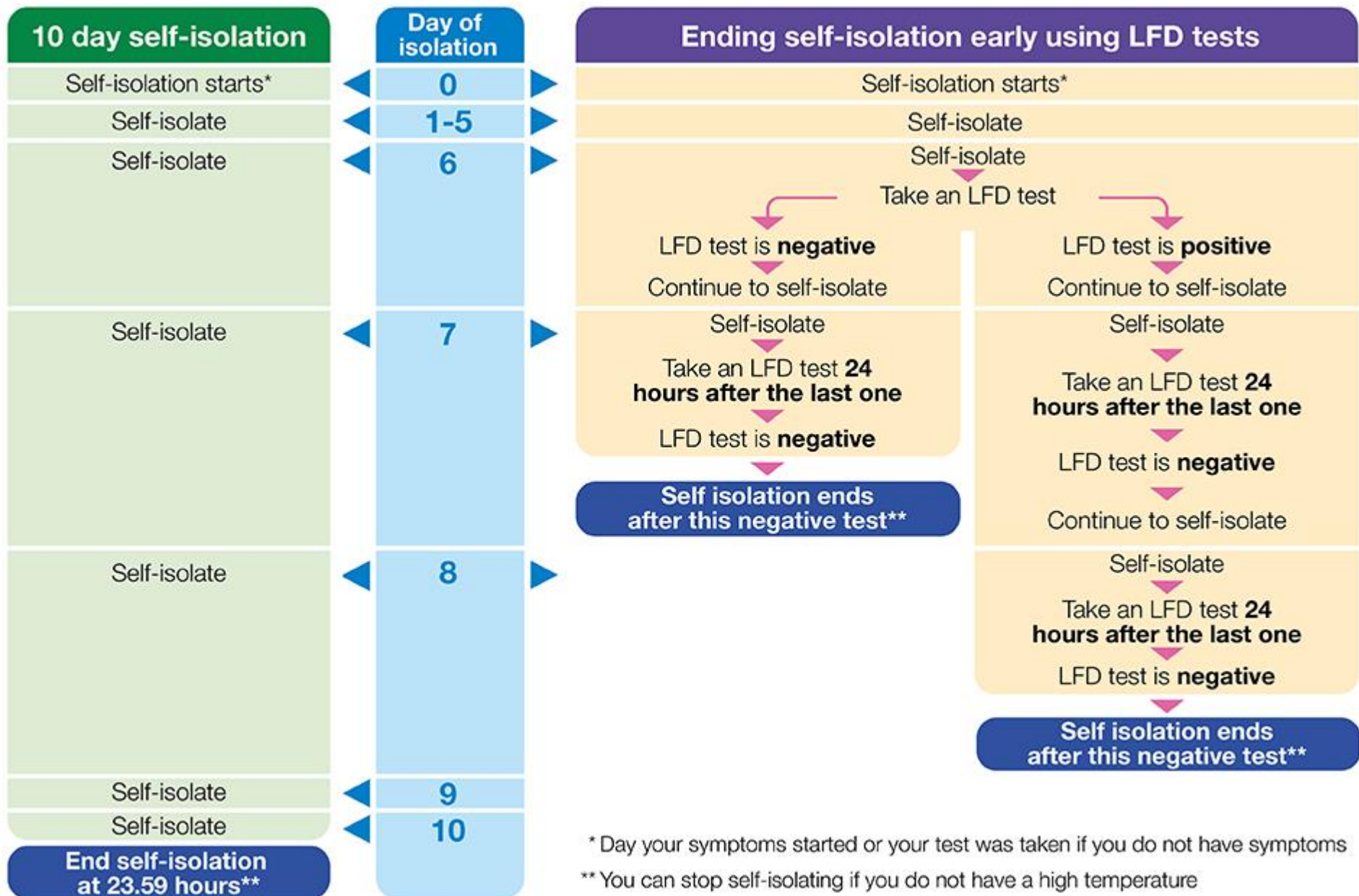
What to do If:	Action Needed By you:	Action Needed by the Farm:	When to Return to the Farm:
<p><b>If somebody in your household has tested positive for COVID-19 (coronavirus)</b></p>	<ul style="list-style-type: none"> <li>• You can attend the Farm if you do not have symptoms of COVID-19 and live in the same household as someone with Covid-19 if you meet the following conditions:               <ul style="list-style-type: none"> <li>• you are fully vaccinated. Fully vaccinated means you have had 2 doses of an approved vaccine. You are also fully vaccinated if you have had one dose of the single-dose Janssen vaccine</li> <li>• you are below 18 years 6 months</li> <li>• you have taken part in or are currently part of an approved COVID-19 vaccine trial</li> <li>• you are not able to get vaccinated for medical reasons.</li> </ul> </li> <li>• You and all members of your household should book a PCR test.</li> <li>• You should inform Wendy or Ashley immediately about test results.</li> </ul>	<ul style="list-style-type: none"> <li>• If part of a bubble, there is no need for members of the bubble to self-isolate if they meet the following conditions:               <ul style="list-style-type: none"> <li>• fully vaccinated: fully vaccinated means you have had 2 doses of an <u>approved vaccine</u>. you are also fully vaccinated if you have had one dose of the single-dose Janssen vaccine</li> <li>• you are below 18 years 6 months</li> <li>• you have taken part in or are currently part of an approved COVID-19 vaccine trial</li> <li>• you are not able to get vaccinated for medical reasons</li> </ul> </li> <li>• They are advised to do a rapid lateral flow test (1 a day for 7 days)</li> <li>• Follow Government guidelines for cleaning in non-healthcare settings outside the home.</li> </ul>	<p>You can return to the Farm if you meet the conditions listed.</p> <ul style="list-style-type: none"> <li>•</li> </ul>

What to do If:	Action Needed By you:	Action Needed by the Farm:	When to Return to the Farm:
<p><b>NHS Test and Trace has identified you as a ‘close contact’</b></p>	<ul style="list-style-type: none"> <li>• You can attend the Farm if you do not have symptoms of COVID-19.</li> <li>• You are not legally required to self-isolate if you are notified you have had close contact with someone with COVID-19 and any of the following apply: <ul style="list-style-type: none"> <li>• you’re fully vaccinated</li> <li>• you’re below the age of 18 years and 6 months</li> <li>• you’ve taken part in or are currently part of an approved COVID-19 vaccine trial</li> <li>• you’re not able to get vaccinated for medical reasons</li> <li>• take an LFD test every day for 7 days, or until 10 days since your last contact with the person who tested positive for COVID-19 if this is earlier</li> <li>• take this daily LFD test before you leave the household for the first time that day</li> </ul> </li> <li>• You should book a PCR test.</li> <li>• You should inform Wendy or Ashley immediately about test results.</li> </ul>	<ul style="list-style-type: none"> <li>• If part of a bubble, there is no need for members of the bubble to self-isolate unless the result is positive then follow guidance for contact with someone tested positive with Covid-19</li> <li>• The work area is to be sanitised.</li> </ul>	<p>You can return to the Farm if you meet the conditions listed.</p>

What to do If:	Action Needed By you:	Action Needed by the Farm:	When to Return to the Farm:
<p><b>You have been in contact with someone who has been identified as a 'close contact'</b></p>	<ul style="list-style-type: none"> <li>• You can attend the Farm if you do not have symptoms of COVID-19.</li> <li>• You are not legally required to self-isolate if you are notified you have had close contact with someone with COVID-19 and any of the following apply: <ul style="list-style-type: none"> <li>• you're fully vaccinated</li> <li>• you're below the age of 18 years and 6 months</li> <li>• you've taken part in or are currently part of an approved COVID-19 vaccine trial</li> <li>• you're not able to get vaccinated for medical reasons</li> <li>• take an LFD test every day for 7 days, or until 10 days since your last contact with the person who tested positive for COVID-19 if this is earlier</li> <li>• take this daily LFD test before you leave the household for the first time that day</li> </ul> </li> <li>• You should book a PCR test.</li> <li>• You should inform Wendy or Ashley immediately about test results.</li> </ul>	<ul style="list-style-type: none"> <li>• If part of a bubble, there is no need for members of the bubble to self-isolate unless the result is positive then follow guidance for contact with someone tested positive with Covid-19</li> <li>• The work area is to be sanitised.</li> </ul>	<p>You can return to the Farm if you meet the conditions listed.</p> <ul style="list-style-type: none"> <li>•</li> </ul>
<p><b>You have travelled abroad and have too self-isolate.</b></p>	<ul style="list-style-type: none"> <li>• You should not attend the Farm.</li> </ul> <p><b>Travel reminders:</b> Consider quarantine requirements and FCO advice when booking travel.</p>	<ul style="list-style-type: none"> <li>• No action required.</li> </ul>	<p><b>When the quarantine period has been completed.</b></p>

What to do If:	Action Needed By you:	Action Needed by the Farm:	When to Return to the Farm:
<p><b>You have been told by a medical / official source and received a shielding notification you should follow their advice.</b></p>	<ul style="list-style-type: none"> <li>• You can attend the Farm if you do not have symptoms of COVID-19.</li> <li>• You should follow the advice given to you in your shielding notification letter.</li> </ul>	<ul style="list-style-type: none"> <li>• Review individual Covid-19 risk assessment.</li> </ul>	<p><b>You can attend the Farm.</b></p>

All members of the bubble are to be told they have been in close contact with someone who has the symptoms of Covid-19.



# **What is an Outbreak**

## **What is an outbreak?**

An outbreak of an infectious disease is when there are more people with the disease than you might normally expect. The outbreak can be in a local area, or in a setting like a workplace or school. The criteria for declaring an outbreak can be slightly different depending on the setting.

## **What is a workplace COVID-19 outbreak?**

A COVID-19 outbreak in the workplace is declared when there are two or more staff members/students testing positive within 14 days of each other. The staff members must either have been in close contact in work or any activity/travel related to work, or there must be nowhere else they could have become infected. If the staff have not been in close contact, or they probably became infected outside of work, this is called a COVID-19 cluster.

## **Why does an outbreak matter?**

If the outbreak is not controlled, the number of people getting infected will increase very quickly. Although most people will only have a mild illness, some may have worse symptoms and could need hospital treatment. Having several members of staff off sick or self-isolating at the same time, could have a very big impact on the business. It is also possible that the workplace outbreak could spread into other settings or the wider community.

## **When is an outbreak over?**

If 28 days pass without any new cases of COVID-19 in staff members, the outbreak is declared over. Clusters are finished after 14 days with no new cases.