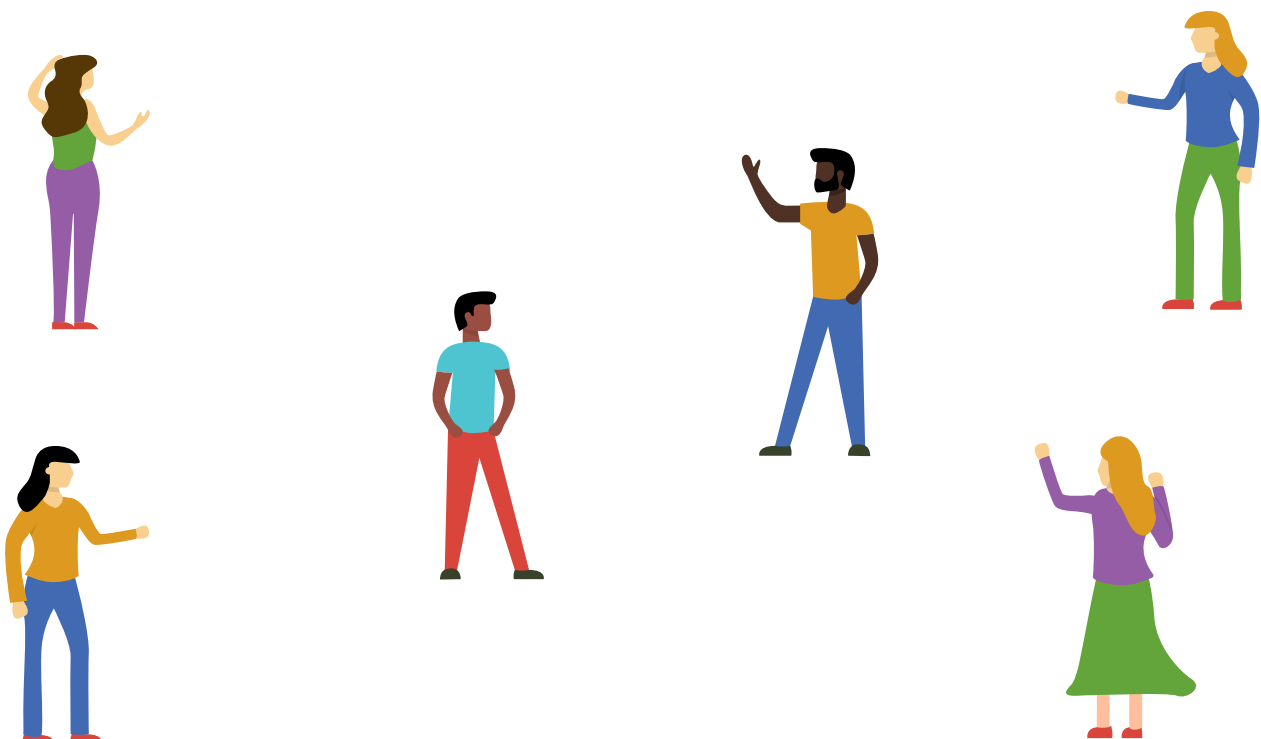# A guide to NHS Test and Trace in Cambridgeshire and Peterborough

**This document describes the NHS Test and Trace model Cambridgeshire and Peterborough are adopting to help control and contain Coronavirus.**
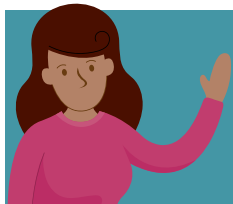
V1.0

# A guide to NHS Test and Trace in Cambridgeshire and Peterborough

**The model has two main objectives.**

1. **To prevent people from getting COVID-19.**
2. **Where individuals are infected or there are outbreaks in settings, to have a clear and robust response to prevent further transmission to control and contain the virus.**
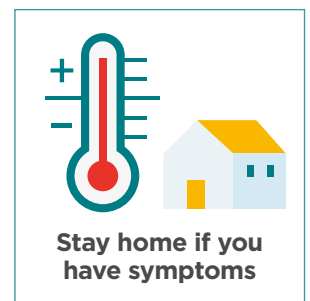
We want our residents and settings to be clear about what they need to do, where they can get advice and most importantly what plans are in place to protect us all in whatever situation may arise and whereever we may be.

## How do we all work together to prevent ourselves from getting COVID-19?

**Coronavirus is still a really serious issue - it hasn't gone away, even as lockdown measures are being gradually relaxed.**

**What everyone can do to protect themselves and each other is to continue to follow the clear public health advice...**


Keep **2 METRES APART** from anyone **NOT** in your household or 'bubble' if applicable


Gatherings outside of **ONLY SIX** people


Continue to work from home where you can


A single adult household can be in 'a bubble' with one other household of any size; visiting and staying overnight


Continue good hand hygiene


Wear a face covering when travelling on public transport


Stay home if you have symptoms

Part of what we will do locally as part of NHS Test and Trace is to make sure that all residents and communities understand the simple measures they can take to protect themselves against catching the virus, and spreading it to others. **We're doing it by...**

- Issuing regular media stories for print and broadcast media

- Posting our own information and sharing that from trusted national sources on social media, such as our own Facebook, Twitter and Instagram pages

- Working with communities and voluntary organisations to post on their Facebook pages

- Issuing regular e-newsletters from the community hubs and to town & parish councils and residents associations, with shareable information

- Creating campaigns pages on our website with information all organisations can use

- Getting attractive and impactful physical signs placed in appropriate areas

- Producing information in a range of languages with the help of local community leaders

**As and when information changes or is updated we will use these dynamic methods to get new information out.**

We will also use direct channels and trusted advocates to take messages into vulnerable communities who often have more difficulty in receiving or implementing these messages, for example;

- we will work with homelessness prevention officers to ensure messages reach people who are homeless or rough sleeping,

- the Traveller Education Service to talk directly to the Gypsy Roma Traveller communities

- Faith leaders to talk to people from different ethnic backgrounds
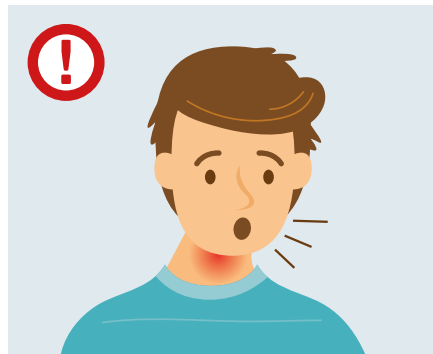
We will ask MPs, County, City and District Councillors and community leaders to help reinforce these messages too.

## What happens if I have one or more symptoms of COVID-19?

The symptoms of COVID-19 are:

A high temperature

A new continuous cough

A change to or loss of your sense of taste and smell.

**If you have __ANY ONE__ of these symptoms you should follow these steps**

**1** **Start isolating**
**You** for 7 days and your household for **14 days**

**7 DAYS**   **14 DAYS**

**2** **Book a test**
**NHS.uk/coronavirus** or **call 119**

**3**

**NEGATIVE for COVID-19**
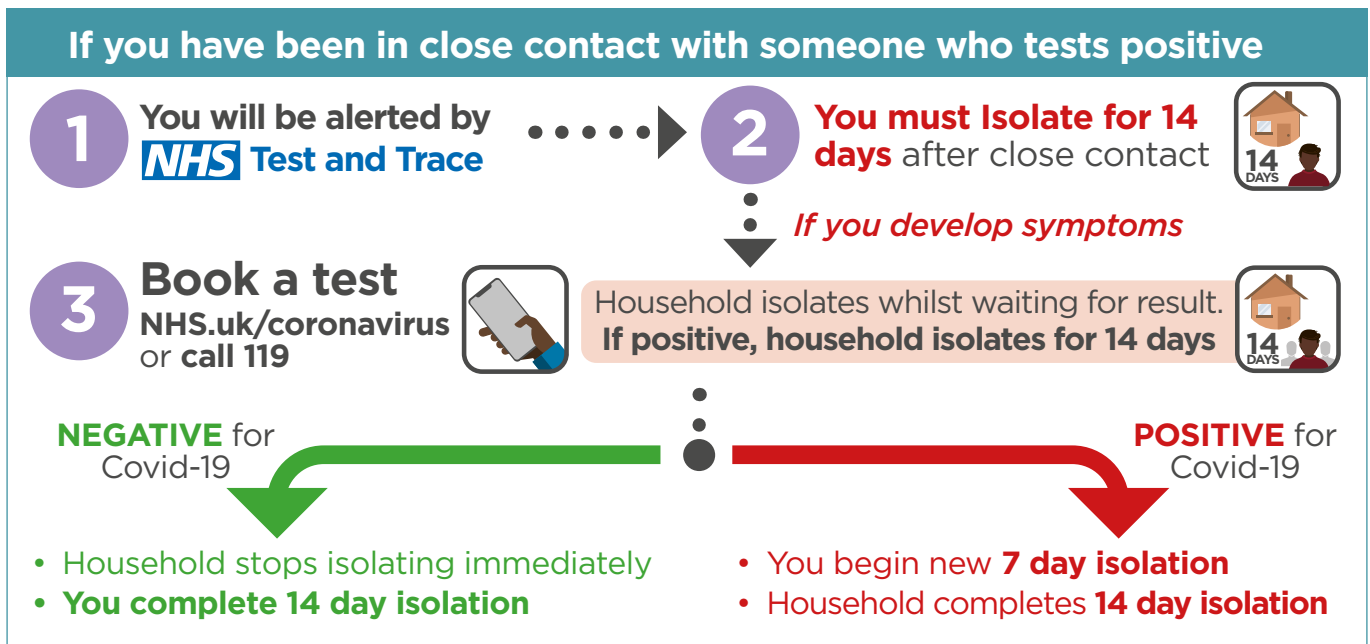Household stops isolating immediately. You stop isolating if you feel well.

**POSITIVE for COVID-19**
Within 24hrs you'll be contacted by **NHS** **Test and Trace** by phone, text or email and asked to share close contacts on the web or by phone.

## What happens if I've been in close contact with someone who has COVID-19?

### If you have been in close contact with someone who tests positive

**1** You will be alerted by **NHS** Test and Trace

**2** **You must Isolate for 14 days** after close contact

*If you develop symptoms*

**3** Book a test
NHS.uk/coronavirus
or **call 119**

Household isolates whilst waiting for result. **If positive, household isolates for 14 days**

**NEGATIVE** for Covid-19

**POSITIVE** for Covid-19

- Household stops isolating immediately
- **You complete 14 day isolation**

- You begin new **7 day isolation**
- Household completes **14 day isolation**

### Where to get more information

To find out more information about NHS Test and Trace, and how it works please visit **www.gov.uk/guidance/nhs-test-and-trace-how-it-works**

### Where do I get help if I have had to self isolate?

We recognise that for many people, being told you should self-isolate at short notice and for up to two weeks will present some issues. For example, how will you get access to food or medicines or other essential supplies, how will you walk your dog, and what might the impact be on childcare arrangements.

For many people, their existing network of family or friends should be able to help, but for some people that network doesn't exist or isn't available locally. It's vital that everyone that is advised to self-isolate is able to do so without worrying about the consequences, and we are here to help.

If you have symptoms and take a test and it's negative, you don't need to isolate further.

**However, if you are told to isolate by a contact tracer because you have been in close contact with an infected person and test negative, you still need to isolate for the full 14 days.**

This is because you can develop systems up to 14 days after being in contact with someone who has coronavirus, which means you may test negative on day 7 for example, but display symptoms on day 10.

**We have created a network of coordination and response hubs across Cambridgeshire and Peterborough that can offer advice and information, or arrange practical help where needed.**

**Countywide Coordination Hub**
www.cambridgeshire.gov.uk/coronavirus
or **0345 045 5219**

**Fenland Hub**
www.fenland.gov.uk/coronavirus
or **01354 654321**

**Cambridge City Hub**
www.cambridge.gov.uk/coronavirus
or **01223 457000**

**Peterborough Hub**
www.peterborough.gov.uk/coronavirus
or **01733 747474**

**East Cambridgeshire Hub**
www.eastcambs.gov.uk/content/coronavirus-community-support or **01353 665555**

**South Cambridgeshire Hub**
www.scambs.gov.uk/coronavirus/
or **03450 455 218**

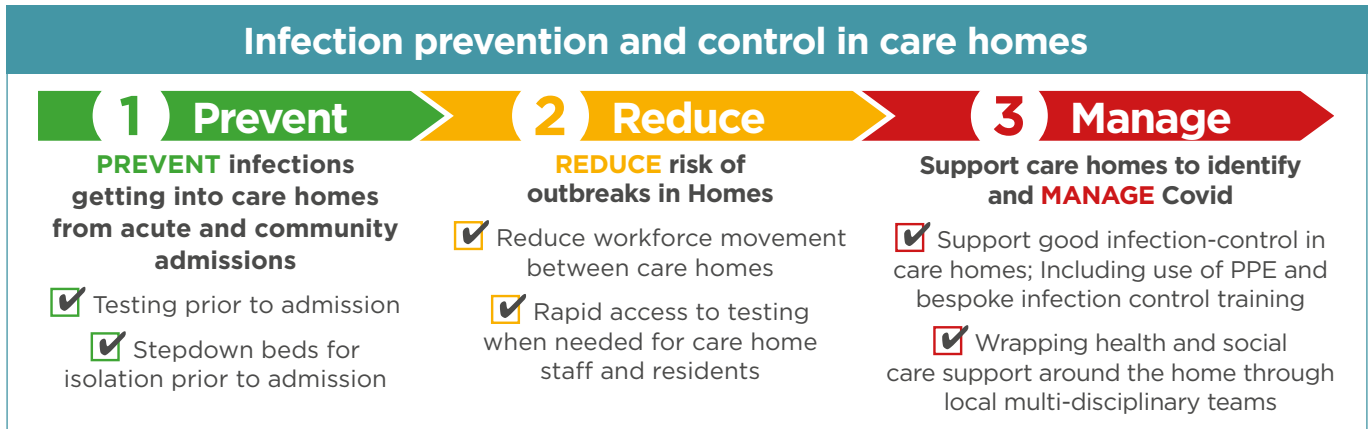**Huntingdonshire Hub**
www.wearehuntingdonshire.org/

If there is anything that prevents you from being able to self-isolate if you test positive for Coronavirus, or because you are contacted by someone from the NHS Test and Trace service and are asked to self-isolate, please get in touch with us for your own protection and those around you.

## What happens if an outbreak of COVID-19 happens in one of our communities?

Public Health experts work closely with our councils, NHS and other local organisations to prevent, identify and manage outbreaks in care homes, schools, workplaces or other settings.
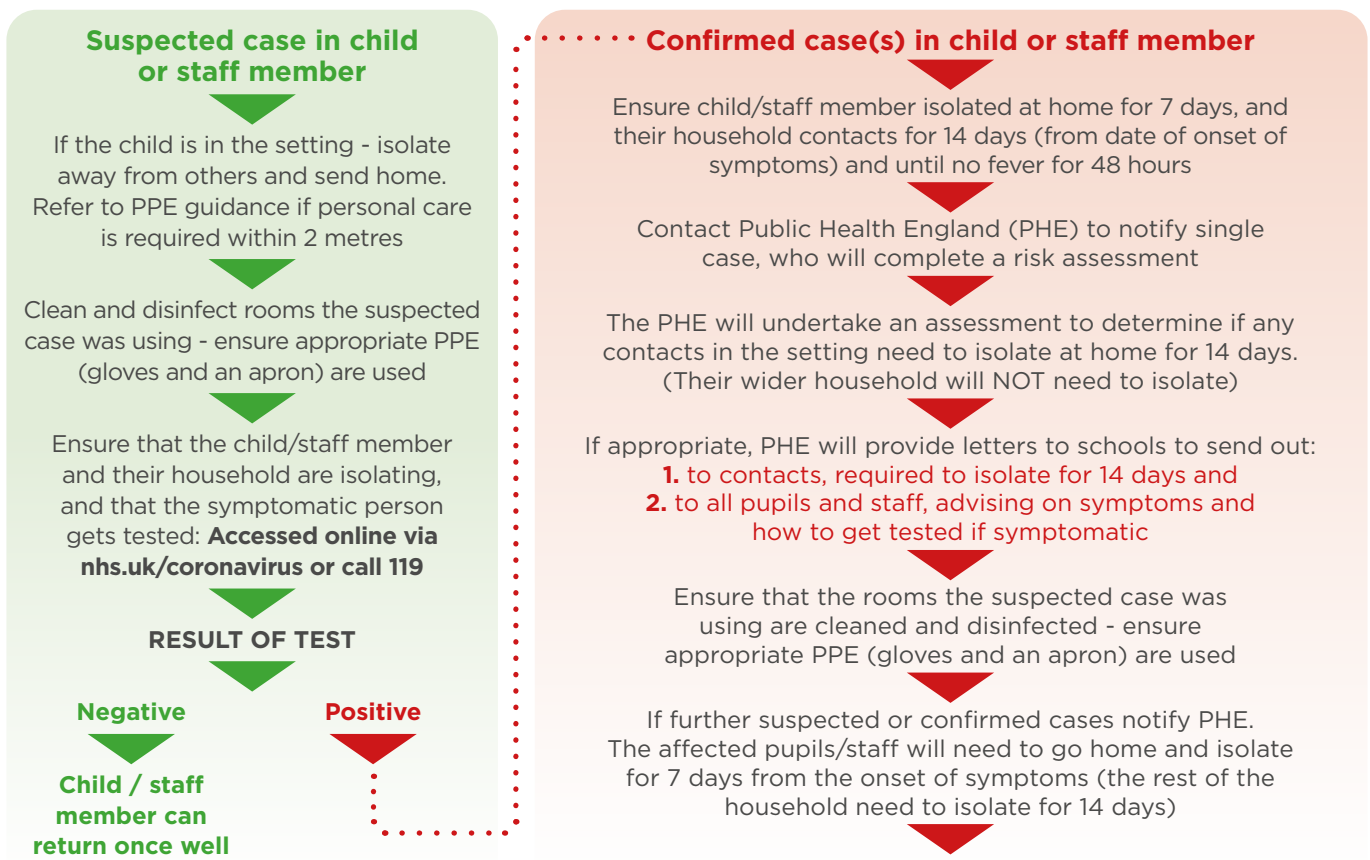
## Care homes

In Cambridgeshire and Peterborough, we are committed to doing everything we can to reduce the rate of COVID 19 infection in our local care homes. The three most important actions we can take locally to achieve this outcome are **'Prevent – Reduce – Manage'** as outlined below.

### Infection prevention and control in care homes

| 1 Prevent | 2 Reduce | 3 Manage |
|---|---|---|
| **PREVENT infections getting into care homes from acute and community admissions** | **REDUCE risk of outbreaks in Homes** | **Support care homes to identify and MANAGE Covid** |
| ☑ Testing prior to admission | ☑ Reduce workforce movement between care homes | ☑ Support good infection-control in care homes; Including use of PPE and bespoke infection control training |
| ☑ Stepdown beds for isolation prior to admission | ☑ Rapid access to testing when needed for care home staff and residents | ☑ Wrapping health and social care support around the home through local multi-disciplinary teams |

## Our schools

Our schools are also following government guidance on infection control and social distancing and carrying out risk assessments. This will help to prevent and contain outbreaks.

If there is suspected or confirmed case of COVID-19 in a school, immediate help and support will be available, set up by public health experts working closely with council education and public health teams.

### Suspected case in child or staff member

If the child is in the setting - isolate away from others and send home. Refer to PPE guidance if personal care is required within 2 metres

⬇

Clean and disinfect rooms the suspected case was using - ensure appropriate PPE (gloves and an apron) are used

⬇

Ensure that the child/staff member and their household are isolating, and that the symptomatic person gets tested: **Accessed online via nhs.uk/coronavirus or call 119**

⬇

**RESULT OF TEST**

**Negative** — **Positive**

**Child / staff member can return once well**

### Confirmed case(s) in child or staff member

Ensure child/staff member isolated at home for 7 days, and their household contacts for 14 days (from date of onset of symptoms) and until no fever for 48 hours

⬇

Contact Public Health England (PHE) to notify single case, who will complete a risk assessment

⬇

The PHE will undertake an assessment to determine if any contacts in the setting need to isolate at home for 14 days. (Their wider household will NOT need to isolate)

⬇

If appropriate, PHE will provide letters to schools to send out:
**1.** to contacts, required to isolate for 14 days and
**2.** to all pupils and staff, advising on symptoms and how to get tested if symptomatic

⬇

Ensure that the rooms the suspected case was using are cleaned and disinfected - ensure appropriate PPE (gloves and an apron) are used

⬇

If further suspected or confirmed cases notify PHE. The affected pupils/staff will need to go home and isolate for 7 days from the onset of symptoms (the rest of the household need to isolate for 14 days)

⬇

**Cases and contacts can return to school once the isolation period is completed**

### 5 Principles

**Clean! Clean! Clean! Small group numbers Avoid/reduce mixing Declutter and reduce sharing ...and wash your hands!**

## Who is going to be responsible for ensuring NHS Test and Trace is effective in Cambridgeshire and Peterborough?

NHS Test and Trace has a number of different facets and the following explains where responsibility lies for each of the facets and how they interrelate with each other at local and national level.

### National arrangements

1. A team of experienced clinicians will be responsible for identifying the contacts of someone who has been infected with COVID-19 and for tracing their whereabouts;

2. Once a contact of an infected person has been identified a team of national call handlers will contact each of those people and instruct them to immediately isolate.

### Local arrangements

A Health Protection Board has been set up made up of Public Health professionals, specialists from Public Health England, local authority and health representatives and other relevant bodies. The Board is responsible for producing the Local Outbreak Control Plan by the end of June 2020. This plan seeks to achieve the following:

- **Where** someone is instructed to isolate and is also vulnerable there will be plans put in place to support that person through the existing community hubs in Peterborough and Cambridge Cities and the Districts of East Cambridgeshire, South Cambridgeshire, Huntingdonshire and Fenland;

- **Where** the following up of contacts is more complex and cannot be achieved by the national call handlers, the contact arrangements will be handled by trained staff deployed in Cambridgeshire and Peterborough;

- **Ensure** that COVID-19 outbreaks in care homes, schools and in the community are prevented by clear measures identified in the plan, including supporting workplaces, communities and locations at higher risk to avoid COVID-19 outbreaks;

- **Where** outbreaks do occur in care homes, schools and in the community those outbreaks are effectively managed and controlled calling upon already established infection control measures for the outbreaks of infectious diseases;

- **Ensure** that there is sufficient local testing with results coming back in a timely manner so it is quick and easy for people to get tested for COVID-19 when they need to;

- **Ensure** that all data from national, local and NHS sources are brought together to inform clear and decisive decision making to prevent, identify and control outbreaks;

- **Ensure** that there are sufficient staff and volunteers trained and able to take on the responsibilities within the Local Outbreak Control Plan including the setting up of community rapid response teams to take immediate steps to prevent and deal with local outbreaks.

**A local member-led Board** will handle engagement and communications with our communities to ensure they understand the actions being taken on NHS Test and Trace and allow those communities to feed back their issues to enable the Outbreak Management Control Plan to meet the needs of those communities.

**For further updates and advice please check our websites which will be regularly updated www.cambridgeshire.gov.uk and www.peterborough.gov.uk**

PETERBOROUGH CITY COUNCIL

Cambridgeshire County Council