

The British School

From COVID-19 Contact Tracing Protocol (Apx 1 of CAG)

	Confirmed Case	Close Contacts	
		Direct Close Contacts - face to face contact with an infected individual within 1 metre, e.g for more than 1 minute, being coughed on, a face to face conversation, or unprotected physical contact (skin-to-skin) and usually those travelling in a small vehicle, like a car, with an infected person	Proximity Contacts - extended close contact (within 1 to 2 metres for more than 15 minutes) with an infected individual
Day -2	Contacts from this day need to be traced	-	-
Day -1	Contacts from this day need to be traced	-	-
Day 0	The day the first symptoms began or, if there are no symptoms, the day of the positive PCR test.	-	-
Day 1	Self-isolation or hospital if symptoms indicate this is required	Day 1 is the last day of contact with a confirmed case. The contact may take an antigen test if there are no symptoms. If this is negative they should continue to isolate. If this is positive then there must be a PCR test as soon as possible.	
Day 2	Self-isolation or hospital if symptoms indicate this is required	Self-isolation	
Day 3	Self-isolation or hospital if symptoms indicate this is required	Self-isolation	
Day 4	Self-isolation or hospital if symptoms indicate this is required	Self-isolation	
Day 5	Self-isolation or hospital if symptoms indicate this is required	PCR Test. If this is positive the patient becomes a confirmed case and that process is followed instead.	
Day 6	Self-isolation or hospital if symptoms indicate this is required	Unvaccinated children and fully vaccinated adults can return to school only <u>if</u> they have no symptoms and there is a negative PCR test taken between Day 5 and 7.	
Day 7	Self-isolation or hospital if symptoms indicate this is required	Unvaccinated children and fully vaccinated adults can return to school only <u>if</u> they have no symptoms and there is a negative PCR test taken between Day 5 and 7.	
Day 8	Self-isolation or hospital if symptoms indicate this is required	Adults who are not fully vaccinated should continue to self-isolate.	-
Day 9	Self-isolation or hospital if symptoms indicate this is required	Adults who are not fully vaccinated should continue to self-isolate.	-
Day 10	Self-isolation or hospital if symptoms indicate this is required	Adults who are not fully vaccinated should continue to self-isolate.	-
Day 11	Can return to school <u>if</u> there are no symptoms and a negative PCR test from Day 10. If the test is still positive, then we will review the circumstances as an individual case as per the most current advice and the regulations of Nepal.	Unvaccinated adults can return to school <u>if</u> there are no symptoms and there is a negative PCR test taken between Day 5 and 7.	-