



Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board



## Extended Covid-19 symptom testing FAQ

### What is the extended list of symptoms?

The Cardiff and Vale Test, Trace, Protect Service is asking residents to consider taking a test if they are experiencing any of an extended list of symptoms and these are new, persistent and/or unusual symptoms for them.

The symptoms are fatigue, myalgia (muscle ache or pain), a sore throat, a headache, a runny nose, nausea, vomiting, or diarrhoea.

These are in addition to the three most common symptoms of Covid-19: a fever, a new continuous cough or a loss/change of taste and smell.

### How have these been determined?

The Cardiff and Vale contact tracing team has identified that significant numbers of people who test positive for Covid-19 do not have any of the three most common symptoms during the early stages of infection, or never develop these common symptoms.

All of the symptoms on the extended list are known symptoms for coronavirus. The list has been compiled by local public health experts based on extensive investigation into cases in Cardiff and the Vale of Glamorgan.

### Does this list apply to children too?

Yes, the new list of symptoms applies to children and adults and the same steps should be followed whatever your age.

### What if I don't want to have my child tested for the extended list of symptoms?

Testing is your choice but if your child is unwell and Covid-19 is the cause then knowing this early in your child's illness helps to protect your family. If you know early then you can ensure steps are taken to stop other members of your household catching the virus and that your child don't unknowingly expose others such as grandparents and friends to Covid-19.

### Do I need to self-isolate if I have any of the extended list of symptoms?

No, individuals who take a test because of these other extended symptoms are **not** required to isolate while they await their test result. This includes school pupils or children in childcare settings who can continue to attend schools and childcare settings while they await a test result. However, children and adults with diarrhoea and or vomiting should remain off work or school or childcare settings until they are symptom free for 48 hours even if their Covid-19 test is negative.

People who are experiencing one or more of the three cardinal COVID-19 symptoms (new persistent cough, fever and/or loss of taste or smell) must continue to follow Welsh Government guidance on testing and isolation and are required to self-isolate with their household whilst they await a test result.

### **What if I have recently had a lateral flow device (LFD) test, or regularly take one as part of my job?**

Lateral flow device (LFD) tests, such as those used by school staff, are only used to detect asymptomatic cases and ensure it is safe for people to go to work. They should not be used to test for Covid-19 in anyone with symptoms.

### **What if I have recently had my first or second vaccination?**

Having received the vaccination does not alter the result of a test for Covid-19. If you are unwell with any of the extended list of symptoms you should consider booking a test. Do not assume that any symptoms are a side-effect of vaccination.

### **Am I entitled to financial support while self-isolating?**

The self-isolation support scheme is in place in Wales for those who cannot work from home and must self-isolate. It is also for parents and carers on low incomes with children who are self-isolating.

If you have tested positive for Covid-19 you can apply for this support via your local council or through the NHS Covid-19 app.

### **Do I need to book a test if I have been in contact with someone who has tested positive for Covid-19?**

We are now testing everyone identified as a close contact of someone who has tested positive for coronavirus. If this applies to you, the TTP team will contact you directly.

When people are identified as a contact by TTP, the team will get in touch and advise them to self-isolate and book a test. They will then be asked to take a second test up to seven days later. This will help us to identify more people with coronavirus and their close contacts. Doing so means we can break chains of transmission and stop the virus spreading.

If you are contacted, you should remember that taking a test is not an alternative to self-isolating. If you've been identified as a close contact, it's really important you complete the 10 days of isolation and do the two tests.

If you have a negative test, this doesn't mean you can go back to work or school.

### **Do I need to self-isolate if I live with, or have been in contact with, someone with one or more of the extended list of symptoms?**

If you live with someone who is being tested because they have one of the extended list of symptoms you do not need to isolate unless their result comes back as positive.

However, in line with Welsh Government guidance if you live with someone displaying one or more of the three classic Covid-19 symptoms (a fever, a new continuous cough or a loss/change of taste and smell) then you must isolate as a household while they wait for their result.

**My college or university offers Covid-19 testing. Should I book a test using this service if I have one or more of the extended list of symptoms?**

If you have any symptoms of Covid-19, either one or more of the extended list of symptoms or one or more of the three main symptoms, you should book a test via the NHS. You can do this by online using the link on this page, or by calling 119. When booking online due to the extended list of symptoms Cardiff and Vale of Glamorgan residents should select the option “you have been asked to take a test by your local council.”