

Self-Isolation Guidance

Advice compiled from Government guidance issued 11.12.2020

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- New continuous cough and/or
- High temperature
- Loss of smell or taste

For most people, coronavirus (COVID-19) will be a mild illness.

If your child or any member of the household is showing symptoms at home, please inform the school and follow the government guidance on isolation:

- If you live with others and you are the first in the household to have symptoms of coronavirus (COVID-19), then you must stay at home for **10 days**, but all other household members who remain well must stay at home and not leave the house for **10 days**. The 10-day period starts from the day when the first person in the house became ill.
- For anyone else in the household who starts displaying symptoms, they need to stay at home for **10 days** from when the symptoms appeared, regardless of what day they are on in the original 10-day isolation period.
- If you can, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period. If you cannot move vulnerable people out of your home, stay away from them as much as possible.
- If you have coronavirus (COVID-19) symptoms:
 - do not go to a GP surgery, pharmacy or hospital
 - you do not need to contact 111 to tell them you're staying at home
 - testing for coronavirus (COVID-19) is not needed if you're staying at home
- If you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 7 days, then use the NHS 111 online coronavirus (COVID-19) service. If you do not have internet access, call NHS 111. For a medical emergency dial 999.
- If you develop new coronavirus (COVID-19) symptoms at any point after ending your first period of isolation (self or household) then you need to follow the same guidance on self-isolation **again**.

If your child presents any symptoms whilst at school, please see the government guidance that your schools will follow:

- If anyone becomes unwell at school with any of the symptoms above, they will be sent home and you must follow the self-isolation guidance above.
- Parents / Carers will be contacted and be asked to collect your child as soon as possible. When a child is waiting to be collected from school they will be isolated in a room separate from others and behind a closed door. Adult supervision will be present, and social distancing will be adhered to and PPE equipment will be worn by staff.

Testing for Coronavirus:

If your child develops symptoms, they should be tested. If they test negative, they can return to their setting and their fellow household members can end their self-isolation. If they test positive, you must contact the school so they can follow the government guidance to implement protective measures. To book a test please go to the link: <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-for-coronavirus/ask-for-a-test-to-check-if-you-have-coronavirus/>

Returning to School:

If your child has been absent, the isolation period has been completed and they have not shown any symptoms for 48 hours, please contact your school by telephone or email to discuss a return date. The school will discuss this with you on a case by case basis.