

Self Isolation guidance – following a contact in school.

What does self-isolation mean:

When there has been cause to believe there has been an exposed to Coronavirus, national guidance dictates that you must self-isolate to prevent onward transmission to others.

If you're self-isolating, you must not leave your home:

- do not go to work, school or public places – work from home if you can
- do not go on public transport or use taxis
- do not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- do not have visitors in your home, including friends and family – except for people providing essential care

If anyone does develop symptoms, which includes a new continuous cough, high temperature, or loss or change to their sense of taste or smell, the family should self-isolate straight away and book a test.

Further information on self-isolation:

<https://www.gov.uk/government/publications/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person>

Do all member of the house hold need to self-isolate following a contact in school.

No. Only those who have been a close contact of a positive case. In this case, only those who attended the class with a positive case.

Do siblings in other school years need to self-isolate, if one child is a close contact?

No. The child who has been exposed to a positive case needs to self-isolate. Any Siblings of the close contact can continue to attend school , unless the person exposed becomes unwell.

Can I walk another child to school when another is self-isolating?

If you have one child self-isolating and need to ensure another child attends school. The most ideal arrangement would be that another adult is able to accompany your child to school whilst maintaining social distancing. However if that is not possible, your self-isolating child can walk with you to enable the other child to attend school. However you must ensure that you social distance and inform others to maintain their distance.

What is the self-isolation period?

The isolation period is for 10 days from last exposure, as many children and staff were present or absent at different points, it is the last contact with a positive case.

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-long-to-self-isolate/>

What if I develop symptoms – do I still need to isolate for 10 days.

If your child or anyone in the household is showing coronavirus symptoms, book a test immediately. While you wait for the test results your household should remain at home and self-isolate. The link below provides further information.

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

If you have had the below symptoms within 5 days you can be tested:

- you have had a high temperature
- you have a new, continuous cough or worsening of a cough you already had
- you've lost your sense of smell or taste or it's changed

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

If you have been self-isolating and you develop symptoms and your test result is positive, follow the same advice for people with COVID-19 to stay at home and self-isolate for 10 days from when your symptoms started, regardless of where you are in your 10-day period

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

What does my family do if I develop symptoms?

If whilst self-isolating you develop symptoms of Coronavirus, your family will now need to self-isolate until you have a negative test result. If the result is positive your household will need to isolate for 10 days from the first day of symptoms. If it is negative you still need to self isolate until the end of the 10 days. Your family can return to normal activity,

Can I book a test – if it is negative - do I still need to isolate?

Yes, you will still need to isolate for the full 10 days. The virus can incubate for 10 days, and therefore a negative test result does not mean you will not become ill or infectious at some point in those 10 days.

Can I go on holiday?

Anyone who has been told to self-isolate should remain at home for the period of self-isolation.

Should I have visitors?

If you have someone in your home who is self-isolating as a close contact of a positive you should prevent visitors to the home.

Can my child see their parent if we are separated?

If the child can remain with one parent, this would be best in case they develop symptoms and then both parents will need to self-isolate as close contacts. However, children under 16yrs can move between parents for custody and necessary child care needs.