**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 (this does not include isolating due to testing positive yourself or your household).

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

* do not go to work, school or public places
* 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.

**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.

This can also occur if this is a parent who I self isolating as a close contact. It maybe ideal to drop the child off before or after all other parents drop off their children prevent coming into contact with others.

**Should I be testing whilst my child is isolating?**

Families are invited to get on board with the national programme for testing households. We advise for this to be twice a week whilst your child is self isolating.  Please order home Lateral Flow Devices (LFD) which are plastic cartridge home test kits, they can be used twice a week (3-5 days apart) and reordered weekly.

These can be collected locally from:

* PCR walk in centres from 1-8pm daily), you can find your nearest collection site here: <https://find-covid-19-rapid-test-sites.maps.test-and-trace.nhs.uk>
* If the walk in centres are not close to you, you can have these delivered to your home by royal mail, usually within 24hrs. These can be found  from this website. <https://www.gov.uk/guidance/rapid-lateral-flow-testing-for-households-and-bubbles-of-school-pupils-and-staff>
* All results from at-home LFD tests require registering online and any positive results require a confirmatory PCR test within 72 hrs following a positive LFD. Following a positive result, the household should self isolate. The person who tested positive should have a PCR test and only if it is negative can they and the household stop isolating immediately. ***If you are planning on using a walk-in test centre for your confirmatory PCR test – please note these now close for appointments at 1pm (last test 12.30pm).  Please book your PCR test as soon as you have a positive LFD to ensure a same day PCR test.***

**Note: Those that have tested positive for Coronavirus by PCR are exempt from a further PCR or LFT/D test for 90 days, unless they develop new symptoms.**

* This does not change the national guidance that, if you are unwell with a cough, high temperature or a loss or change in taste or smell, you and your household must self-isolate for 10 days from the date of first symptoms unless there is a negative PCR test result.

**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/>

It 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

**What do you mean by lesser symptoms of COVID-19?**

Please note, that while COVID-19 usually presents with a new or worsening cough, high temperature and loss or change in taste or smell. COVID-19 can present as cold symptoms such as; sore throat,

severe fatigue/ feeling unwell for no clear reason, poorly tummy, severe headache and muscle aches. Looking out for these lesser symptoms is especially important for those with a child/ren self isolating, if your child or even members of your household become unwell in the isolation period, although it may be a seasonal cold, please consider this could be COVID-19. Your child can PCR test whilst they are isolating, those self-isolating should not attend community Lateral Flow Test (LFT) centres. We would also prefer PCR than home test kits as PCR is more accurate when there are some signs of illness. Anyone wishing to book the PCR test can book online or with 119 by stating you do not have top three symptoms online but “Public Health has requested you book a test”, you are permitted to have a test with lesser symptoms, the household legally do not need to isolate. Those choosing to LFD tests should repeat the test on following days to increase accuracy of the test. Your household do not need to isolate whilst this is undertaken (unless anyone has a cough, temperature, loss or change in taste or sense of smell).

**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 result and that is negative test result. If the result is positive your household will need to isolate for 10 day from the first day of symptoms.

**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.