

## Self-Isolation Guidance

*The most common symptoms of COVID-19 are:*

- *a new continuous cough*
- *a high temperature*
- *a loss of, or change in, your normal sense of taste or smell (anosmia)*

*If your child or a member of your household displays one or more of these symptoms then there may be a case of COVID-19 in your household. You MUST follow the Government's self-isolation guidance:*

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

*Please inform the school as soon as possible.*

*You will be able to access a test for COVID-19 by calling NHS 119, or accessing the following NHS website:*

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

*If the child or family member tests negative then the self-isolation can end and the child can return to the setting.*

*If the child or family member tests positive then you MUST inform the school immediately, and should continue to follow the Government's self-isolation guidance.*

*Neither you, your child, nor anyone else from your household should visit the school for any reason until you receive a negative test result, or your self-isolation period (usually 14 days) ends.*

What to do if...	Individual action needed	Return to school when
My child has COVID-19 symptoms	<ul style="list-style-type: none"> <li>• <b>Do not come to school</b></li> <li>• <b>Contact the school daily</b></li> <li>• Self-Isolate</li> <li>• Get a test <a href="https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name">https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name</a></li> <li>• Inform the school immediately of the test result</li> </ul>	<p>The test is returned as negative (the school will ask to see confirmation of the negative result).</p> <p><i>If positive, please see next line.</i></p>
My child tests positive for COVID-19	<ul style="list-style-type: none"> <li>• <b>Do not come to school</b></li> <li>• <b>Contact the school daily</b></li> <li>• Self-Isolate for at least 10 days</li> <li>• Inform the school immediately of the test result</li> </ul> <p>NB – If a child has tested positive whilst not experiencing symptoms but develop symptoms during the isolation period, they should restart the 10-day isolation period from the day they develop symptoms.</p>	<p><i>If the child was ill at the time of the positive test:</i> 10 days have passed since the positive test <i>and</i> the child is feeling better.</p> <p><i>If the child was not ill at the time of the positive test:</i> 10 days have passed since the positive test <i>or</i> 10 days after the child became ill (whichever is later).</p> <p>NB - A child can return after 10 days even if they still have a cough or loss of sense of smell / taste. These symptoms can last for several weeks once the infection has gone.</p>
Someone in my child's household has COVID-19 symptoms	<ul style="list-style-type: none"> <li>• <b>Do not come to school</b></li> <li>• <b>Contact the school daily</b></li> <li>• Self-Isolate</li> <li>• Household member to get a test: <a href="https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name">https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name</a></li> <li>• Inform the school immediately of the test result</li> </ul>	<p>The household member test is returned as negative.</p> <p><i>If positive, please see next line.</i></p>
Someone in a child's household has tested positive for COVID-19	<ul style="list-style-type: none"> <li>• <b>Do not come to school</b></li> <li>• <b>Contact the school daily</b></li> <li>• Self-Isolate for 14 days (even if the child has tested negative for COVID-19)</li> <li>• Inform the school immediately of the test result</li> </ul>	<p>14 days have passed since the family member tested positive.</p> <p>The child must continue to self-isolate for the full 14 days even if they personally test negative for COVID-19.</p>
NHS Test and Trace have identified a child or staff member as a 'close contact' of someone with COVID-19	<ul style="list-style-type: none"> <li>• <b>Do not come to school</b></li> <li>• <b>Contact the school daily</b></li> <li>• Self-Isolate for 14 days (even if the child has tested negative for COVID-19)</li> </ul>	<p>14 days have passed since the individual was contacted by NHS Test and Trace.</p> <p>The child must continue to self-isolate for the full 14 days even if they personally test negative for COVID-19.</p>
A child is planning to travel / has travelled to a destination requiring quarantine	<ul style="list-style-type: none"> <li>• <b>Do not take unauthorised leave in term-time</b></li> <li>• Consider quarantine requirements and FCO travel advice when booking travel; consider possibility of quarantine requirement, even if not in force at the time of booking</li> </ul> <p>If returning from a destination requiring quarantine:</p> <ul style="list-style-type: none"> <li>• <b>Do not come to school</b></li> <li>• <b>Contact the school daily</b></li> <li>• Self-Isolate for 14 days (even if the child has tested negative for COVID-19)</li> </ul>	<p>14 days have passed since the child returned from travel.</p> <p>A negative COVID-19 test does not remove the need for a 14-day quarantine.</p>
A child has received medical advice that they must resume shielding	<ul style="list-style-type: none"> <li>• <b>Do not come to school</b></li> <li>• <b>Contact the school as advised by the Headteacher / Pastoral Team</b></li> <li>• Shield for as long as recommended by medical advice</li> </ul>	<p>When restrictions are lifted, or medical advice is that your child can attend school again.</p>
A member of my child's household has been asked to self-isolate by NHS Test and Trace Or A member of my child's household is in quarantine at home following travel	<ul style="list-style-type: none"> <li>• Your child may continue to attend school</li> <li>• If any member of your household has symptoms of COVID-19, you should self-isolate immediately and the ill person should get a test: <a href="https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name">https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name</a></li> </ul>	<p>Provided that your child has <i>not</i> been asked to self-isolate or quarantine, and no member of your household has symptoms, your child can attend school.</p>