

Clarification on COVID-19 Symptoms and Self-Isolation Rules

Symptoms The most important symptoms of coronavirus (COVID-19) are a recent onset of any of the following:

- a new continuous cough (coughing a lot for more than an hour, or 3 or more coughing episodes in more than 24 hours)
- a high temperature (you feel hot to touch on your chest or back)
- a loss of, or change in, your normal sense of taste or smell (anosmia) If your child develops symptoms whilst at home please inform the school – they should NOT attend school. Children who develop any of these symptoms whilst at school will need to be collected as promptly as possible.

If you have symptoms of COVID-19, however mild, you must self-isolate for at least 10 days from when your symptoms started, stay at home and arrange to have a test – go to <https://www.gov.uk/testing-for-coronavirus> to arrange the test.

If you live with others, all other household members need to stay at home and not leave the house for 14 days from the day when the first person in the household became ill or if they do not have symptoms, from the day their test was taken. If anyone else in the household starts displaying symptoms, they need to stay at home for at least 10 days from when their symptoms appear, regardless of what day they are on in their original 14-day isolation period.

If a test cannot be taken within 5 days then the person with symptoms will need to self-isolate for 10 days from the start of symptoms (14 days for other members of the household).

A negative result means the test did not find coronavirus. You, and your household, can stop self-isolating if your test is negative, as long as:

- everyone you live with who has symptoms tests negative
- everyone in your support bubble who has symptoms tests negative
- you were not told to self-isolate for 14 days by NHS Test and Trace – if you were, see what to do here <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works> if you've been told you've been in contact with someone who has coronavirus
- you feel well – if you feel unwell, stay at home until you're feeling better as you would normally do If you have diarrhoea or you are being sick, stay at home until 48 hours after they have stopped, as you would normally be requested to do.

A positive result means you had coronavirus when the test was taken. If your test is positive, you must self-isolate immediately and inform the School.

- If you had a test because you had symptoms, keep self-isolating for at least 10 days from when your symptoms started.
- If you had a test but have not had symptoms, self-isolate for 10 days from when you had the test.
- Anyone you live with, and anyone in your support bubble, must self-isolate for 14 days from when you start self-isolating.