



November 2020: Guidance for parents or anyone concerned about isolating.

When to self-isolate and what to do

What is self-isolation?

Self-isolation is when you do not leave your home because you have or might have coronavirus (COVID-19).

Self-isolation is different to:

- [social distancing](#) – general advice for everyone to avoid close contact with other people
- [shielding](#) – advice for people at high risk from coronavirus Information:

It's a legal requirement to self-isolate if you test positive or are told to self-isolate by NHS Test and Trace. You could be fined if you do not self-isolate.

When to self-isolate

Self-isolate immediately if:

- you have any [symptoms of coronavirus](#) (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)
- you've tested positive for coronavirus – this means you have coronavirus
- you live with someone who has symptoms or tested positive
- someone in your support bubble has symptoms or tested positive
- you're told to [self-isolate by NHS Test and Trace or the NHS COVID-19 app](#)
- you arrive in the UK from a country with a high coronavirus risk – see [GOV.UK: how to self-isolate when you travel to the UK](#)

What is a support bubble?

Information:

If you think you've been in contact with someone who has coronavirus, but you do not have symptoms and have not been told to self-isolate, continue to follow [social distancing advice](#).

How to self-isolate

You must not leave your home if you're self-isolating.

Don't

- 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
- do not go out to exercise – exercise at home or in your garden, if you have one

When to get a test

Get a test as soon as possible if you have any symptoms of coronavirus.

The symptoms are:

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste

The test needs to be done in the first 8 days of having symptoms.

You do not need to get a test if you have no symptoms or if you have different symptoms.

Please use the following link for further information or to order a test:

[Get a test to check if you have coronavirus on GOV.UK](#)

We would like to thank you all for your continued support at this unprecedented time.