

From GOV.UK guidance update from 16th August.

Get tested and self isolate

If you develop COVID-19 symptoms, self-isolate immediately and get a PCR test, even if your symptoms are mild.

You should self-isolate at home while you book the test and wait for the results.

You must self-isolate if you test positive.

Your isolation period includes the day your symptoms started (or the day your test was taken if you do not have symptoms), and the next 10 full days. **This is the law.**

The most important symptoms of COVID-19 are recent onset of any of the following:

a new continuous cough

a high temperature

a loss of, or change in, your normal sense of taste or smell (anosmia)

You must also self-isolate if you are told to do so by NHS Test and Trace, for example if you have come into contact with someone who has tested positive. This remains the law, regardless of your vaccination status.

If you test positive

If you test positive for COVID-19 you will still need to self-isolate regardless of your vaccination status or age.

When self-isolating, follow the stay-at-home guidance. This will help reduce the risk of spreading COVID-19 to other members of your household and community.

You must stay at home at all times and not have contact with other people. There are only very limited circumstances when you do not have to do this, such as seeking medical assistance.

If you do leave your home during your period of self-isolation for a permitted reason, you should maintain social distancing and keep 2 metres apart from other people.

You may be entitled to a one-off payment of £500 through the NHS Test and Trace Support Payment scheme if you are required to stay at home and self-isolate, or you are the parent or guardian of a child who has been told to self-isolate. You should visit your local authority website for details on Test & Trace Support Payments and practical support offered in your area.

You could be fined if you do not self-isolate following notification by NHS Test & Trace.

Self-isolation exemptions

You're not required to self-isolate if you live in the same household as someone with COVID-19, or are a close contact of someone with COVID-19, and any of the following apply:

- you're fully vaccinated.
- you're below the age of 18 years 6 months
- you've taken part in or are currently part of an approved COVID-19 vaccine trial
- you're not able to get vaccinated for medical reasons

NHS Test and Trace will contact you to let you know that you have been identified as a contact and check whether you are legally required to self-isolate.

If you're not legally required to self-isolate, you will be provided with advice on testing and given guidance on preventing the spread of COVID-19.

Even if you do not have symptoms, you will be advised to have a PCR test as soon as possible.

You should not arrange to have a PCR test if you have previously received a positive PCR test result in the last 90 days, unless you develop any new symptoms of COVID-19, as it is possible for PCR tests to remain positive for some time after COVID-19 infection.

From DFE advice and actions for Schools: September 2021

Contacts from a school setting will only be traced by NHS Test and Trace where the positive case and/or their parent specifically identifies the individual as being a close contact.

This is likely to be a small number of individuals who would be most at risk of contracting COVID-19 due to the nature of the close contact.

Schools may be contacted in exceptional cases to help with identifying close contacts, as currently happens in managing other infectious diseases.

Individuals are not required to self-isolate if they live in the same household as someone with COVID-19, or are a close contact of someone with COVID-19, and any of the following apply:

- they are fully vaccinated
- they are below the age of 18 years and 6 months
- they have taken part in or are currently part of an approved COVID-19 vaccine trial
- they are not able to get vaccinated for medical reasons

Instead, they will be contacted by NHS Test and Trace, informed they have been in close contact with a positive case and advised to take a PCR test. We would encourage all individuals to take a PCR test if advised to do so.

Staff who do not need to isolate, and children and young people aged under 18 years 6 months who usually attend school, and have been identified as a close contact, should continue to attend school as normal.

Settings will continue to have a role in working with health protection teams in the case of a local outbreak. If there is a substantial increase in the number of positive cases in a setting or if central government offers the area an enhanced response package, a director of public health might advise a setting to temporarily reintroduce some control measures