

Important guidance on self-isolation

You will be aware that there are certain situations that require people living in England to self-isolate. It is very important in terms of keeping our school community safe that all families follow this guidance when appropriate. This will reduce the risk of transmission and therefore the risks to health along with reducing the likelihood of schools having to close bubbles.

Situation	Self-isolation time	Notes
People travelling to the UK from non-exempt countries (Guidance ¹)	14 days (There are some exemptions – please check the guidance ²)	Exempt countries list is subject to change so please check the latest guidance ³
People who display any symptoms of: <ul style="list-style-type: none"> - a new continuous cough - a high temperature - a loss of, or change in, your normal sense of taste or smell (anosmia) 	10 days from start of symptoms If a test returns as positive – the full 10 days isolation must be completed, even if you have a further negative test in that time or you feel better. If the test returns as negative you can return to school if you are feeling well and don't have a temperature If the test come back neither positive or negative a further test should be undertaken and self-isolation should continue for 10 days unless the second test comes back negative	If after 10 days you still have a high temperature you should continue to self-isolate until your temperature returns to normal and you should also seek medical advice. After 10 days, if you just have a cough or a loss of, or change in, your normal sense of taste or smell, you do not need to continue to self-isolate. This is because a cough or anosmia can last for several weeks once the infection has gone.
People without symptoms who have tested positive for COVID-19 (Guidance ⁴)	10 days from the date of the test	
People who live in the same household as someone who is displaying symptoms or who has tested positive (Guidance ⁴)	14 days from the start of the person's symptoms or, if they do not have symptoms, from the date of the test	If anyone in the household becomes unwell during the 14-day period, they should arrange to have a test to see if they have COVID-19 – see below. If their test result is positive, they need to follow the same advice for people with COVID-19 symptoms – that is, after 10 days of their symptoms starting, if they feel better and no longer have symptoms other than cough or loss of sense of smell or taste – they can also return to their

		<p>normal routine. However, if their test result is negative, they need to continue with isolation as part of the household for the full 14 days. Should someone develop COVID-19 symptoms late in the 14-day household isolation period (for example, on day 10 or later) the isolation period for the rest of the household does not need to be extended. Only the person with new COVID-19 symptoms has to stay at home for at least a further 10 days and should arrange to have a test.</p>
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The guidance about self-isolation for those travelling to the UK is clear that **you may be fined £1,000 if you do not self-isolate. If you arrive from any country that is not listed as being exempt as shown in the link below then you MUST self-isolate.**

[Countries and territories exempt from advice against all but essential international travel](#)

Tests can be taken locally, including at mobile testing units. To book please visit <https://www.nhs.uk/conditions/coronavirus-covid-19/> or phone 119.

A walk-in centre is also available in the Asda carpark on Thrum Hall Lane – masks must be worn at all times on site.

Support about COVID-19, including for those people needing to self-isolate, can be found on the Calderdale website: <https://www.calderdale.gov.uk/v2/coronavirus> or by calling 01422 392890.

We thank you for your support in this matter to ensure that we reduce the risks to children and adults in the school and the wider community and keep people safe and also to minimise the likelihood of a bubble needing to close and the inevitable disruption to children’s learning and inconvenience to families that would cause.

Please contact the school should you have any questions.

Yours faithfully

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Related guidance:

- 1) <https://www.gov.uk/government/publications/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk#contents>

- 2) <https://www.gov.uk/government/publications/coronavirus-covid-19-travellers-exempt-from-uk-border-rules/coronavirus-covid-19-travellers-exempt-from-uk-border-rules>
- 3) <https://www.gov.uk/guidance/coronavirus-covid-19-countries-and-territories-exempt-from-advice-against-all-but-essential-international-travel>
- 4) <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection#contents>