

Guidance for Thamesmead families – updated 14 December 2020

NHS

Do not leave home if you or someone you live with has any of the following:

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

[Check the NHS website if you have symptoms](#)

Children must NOT attend school if they or a member of their household has any symptoms of coronavirus.

The family should all self-isolate at home. Please contact the school to let us know that you are following the stay at home guidance.

Testing

- Anyone who has symptoms of coronavirus (COVID-19) can get a free test to check if they have the virus.
- Advising us of a positive test will ensure we can take rapid action to protect classmates and staff at school.
- You can ask for a test* and get advice by calling NHS 119 or by clicking this link <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-for-coronavirus/ask-for-a-test-to-check-if-you-have-coronavirus/>
- **DO NOT WAIT** – arrange the test as soon as you have symptoms
You and anyone you live with should stay at home (self-isolate) until you get your result, including people in your support bubble.

How long do you need to self-isolate for?

 **10 days**
If you have symptoms or a positive test

 **10 days**
If someone in your household has symptoms

You will be contacted by NHS Test and Trace if you have come into contact with an infected person. You must then isolate for 10 days

If you had symptoms but your test result is **NEGATIVE**, you do not need to self-isolate as long as:

- everyone you live with (including your support bubble) who has symptoms tests negative
- you were not told to self-isolate for 10 days by NHS Test and Trace
- you feel well – (if you feel unwell, stay at home until you're feeling better)
- If you have diarrhoea or you're being sick, stay at home until 48 hours after they've stopped.

If you test **POSITIVE** (you have coronavirus):

- **self-isolate for at least 10 days from when your symptoms started**
- anyone you live with (and those in support bubble) must self-isolate for 10 days from when your symptoms started
- **Everyone who is self-isolating** must not go to work, school, or public areas, and must not use public transport or taxis. You should not go out even to buy food or other essentials, exercise should be taken within your home. You should order shopping etc. by phone or online. Or friends/family should shop for you.

- You must also stay at home if you are contacted by the Test and Trace service and told to do so. Please advise the school if this is the case and follow the self-isolating guidelines.
- Anyone else in the household who starts displaying symptoms needs to stay at home for at least 10 days from when the symptoms appeared.

If you were in contact with someone who has coronavirus and your test was **NEGATIVE:**

- **keep self-isolating for 10 days from when you were last in contact with the person who has coronavirus** – as you could get symptoms after being tested
- anyone you live with (or in your support bubble) can stop self-isolating if they do not have symptoms

To reduce spread of infection at home

If you can, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period.

- Wash your hands regularly for 20 seconds, each time using soap and water, or use hand sanitiser; cover coughs and sneezes with tissues and then throw them away.
- If your condition gets worse, or your symptoms do not improve after 7 days, use the online service.
- <https://111.nhs.uk/> Or call NHS helpline on 119. Please only dial 999 in an emergency.
- Do not go to your GP or pharmacy.

If you develop new coronavirus (COVID-19) symptoms at any point after ending your first period of isolation (self or household) then you need to follow the same guidance on self-isolation and staying at home again.

Returning to school after isolation or testing

- You should contact the school as soon as you have the results of your coronavirus test.
- If you have not been tested but the student has completed the required period of self-isolation, please also contact us to arrange the return to school.

For more information about coronavirus test results click here

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-for-coronavirus/what-your-coronavirus-test-result-means/>