



# St John's Highbury Vale C of E Primary School

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15<sup>th</sup> October, 2020

Dear Parents and Carers,

Anyone who has been identified as a close contact of someone with COVID-19 needs to self-isolate. Self-isolation is mandatory to stop the spread of the coronavirus. Even if you don't have symptoms, you may have been exposed to the virus and could pass it on to others.

**What is self-isolation** (<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>)

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

This helps stop the virus spreading to other people.

**When to self-isolate** (<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>)

**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

**How to self-isolate** (<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>)

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

**Legal requirements for self-isolation** (<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>)

You could be fined if you do not stay at home and self-isolate following a positive test result for COVID-19, or if you are a contact of someone who has tested positive, and you are notified by NHS Test and Trace that you need to self-isolate.

