



**COVID-19 – who should self isolate and for how long?**

Does my son/daughter need to isolate?

| Situation   | Should my son/daughter isolate?   |
|---|---|
| 1. They have a runny nose, sore throat without fever and/or mild cold, but are otherwise well.  | No (attend Swimming as normal when feel up to it).  |
| 2. They have developed Coronavirus symptoms (a new, continuous cough or a high temperature or have a loss of, or change in, their normal sense of taste or smell) and have not been tested yet. | Yes (Book a test as soon as possible. They (and the household) should isolate until they test negative. If the test is positive see number 3).  |
| 3. They have tested positive for Coronavirus.   | Yes (for 10 days, +48hr after temperature resolves).  |
| 4. They have been told they are a close contact of a positive case.   | Yes (for 14 days, unless they develop symptoms and test positive, then see number 3).   |
| 5. A household member has developed symptoms and has not been tested yet.   | Yes (until they test negative. If the test is positive isolate for 14 days).  |
| 6. A household member has been told to isolate as a close contact.  | No (be vigilant, if they start to feel unwell they will need to isolate until they test and it is negative).  |
| 7. They visited someone within 2 metres who has now been told to isolate as a close contact.  | No (The person was not symptomatic, if within 48 hours of the visit they develop symptoms and test positive follow number 4).   |
| 8. They are a close contact of someone who tested positive. They were tested and it was negative.   | Yes (for 14 days, unless they develop symptoms and test positive, then see number 3).   |
| 9. Their sibling is in another squad and needs to self-isolate due to a positive case in their squad.   | No (They are not themselves a close contact of a positive case. If their sibling develops symptoms they will need to isolate).  |
| 10. A friend is unwell, and they saw them 2 days ago.   | Maybe (Check if the friend has Coronavirus symptoms, a positive test result and whether they were a close contact. If they are none of those then No. If they test positive, then follow number 4). |
| 11. They have travelled in the car to training with someone who tested positive.  | Yes (for 14 days, unless they develop symptoms and test positive, then see number 3).   |

These guidelines are based on the guidance from Gov.uk and are correct as of Monday 21<sup>st</sup> September.

<https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>