



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 21st September.

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