

## **Self-Isolation Guidance as of July 2021**

*NB: When calculating self-isolation, the 10 day period begins from the date of contact/symptoms/a positive test result, with that day being 'Day 0'. For instance, if your child was in contact with someone a positive Covid case on the 1<sup>st</sup> July, they should self-isolate until the end of the day on the 11<sup>th</sup> July and then return to school on the 12<sup>th</sup> July.*

*If you are unsure about how long your child should be self-isolating for, please contact the school to clarify.*

### **If your child has a positive lateral flow test result**

- Your child and all members of your household should self-isolate for 10 days from when the symptoms began. If your child is asymptomatic, the 10-day period starts from the date when you took the test.
- You must report the positive test result to the school by emailing [covid@sydenham.lewisham.sch.uk](mailto:covid@sydenham.lewisham.sch.uk). Please include as much detail as possible about the dates of tests and any symptoms.
- Your child should take a PCR test as soon as possible. You should report the results of the PCR test to the school by emailing [covid@sydenham.lewisham.sch.uk](mailto:covid@sydenham.lewisham.sch.uk).
  - If the PCR result is negative then your child can stop self-isolating
  - If the PCR result is positive then your child should continue the self-isolation until the end of the 10-day period

### **If your child has a positive PCR test result**

- Your child and all members of your household should self-isolate for 10 days from when the symptoms began. If your child is asymptomatic, the 10-day period starts from the date when you took the test.
- All members of your household must book a PCR test.
- You must report the positive test result to the school by emailing [covid@sydenham.lewisham.sch.uk](mailto:covid@sydenham.lewisham.sch.uk). Please include as much detail as possible about the dates of tests and any symptoms.

### **If your child has been in contact with someone who has had a positive lateral flow test result**

- Your child should self-isolate immediately
- Self-isolation should last 10 days from their last contact with the person who tested positive
- The person who tested positive will have a PCR test
  - If the PCR result is negative then your child can stop self-isolating
  - If the PCR result is positive then your child should continue the self-isolation until the end of the 10 day period
- Any other members of your household do not need to self-isolate unless your child starts to show symptoms of Covid-19 or tests positive themselves

### **If your child has been in contact with someone who has had a positive PCR test result**

- Your child should self-isolate immediately
- Self-isolation should last 10 days from their last contact with the person who tested positive
- Your child should take a PCR test
  - If the PCR result is negative, they should continue to self-isolate
  - If the PCR result is positive, you should immediately inform the school and re-start the 10-day self-isolation period from the date of the test
- Any other members of your household do not need to self-isolate unless your child starts to show symptoms of Covid-19 or tests positive themselves