



Sandymoor
Ormiston Academy

Clarification of advice on self-isolation

If you have been identified as a direct close contact of someone who has tested positive, or been identified by track and trace; you **MUST self isolate** for 14 days from being in contact with the person in question.

During this 14 day period you must:

- Not go to school, work or public places
- Not attend any other out of school activities or go around to a friend's house
- Not use public transport or taxis
- Not go out to shop – order it online or ask a friend to bring it to your home
- Not have visitors in your home except for people providing essential care
- Not go out to exercise – exercise at home or in your garden, if you have one
- Inform GP practice or hospital or other healthcare setting that they are self-isolating if they must attend in person

Do not simply take a test, unless you are symptomatic; even a negative test result does not mean you can end your self-isolation period early; you **still must remain** isolated for 14 days.

We would like to reiterate that testing should be reserved for those with the main coronavirus symptoms (or on specific advice from health professionals, NHS test and trace or public health).

Other members of case's bubble, class or household do not need tests unless they become symptomatic also. Those awaiting test results should, therefore, not attend the school.

At the end of the 14 day period you are able to return to school, unless you have any C-19 symptoms.