

Self Isolation – Coronavirus:

How long to stay at home if you have symptoms

Anyone with symptoms should stay at home for at least 7 days.

If you live with other people, they should stay at home for at least 14 days, to avoid spreading the infection outside the home.

After 14 days, anyone you live with who does not have symptoms can return to their normal routine.

But, if anyone in your home gets symptoms, they should stay at home for 7 days from the day their symptoms start. Even if it means they're at home for longer than 14 days.

What do I do if I am self isolating? If you are self isolating and have informed school of this – you will NOT be able to come back to school until the end of the 14 day period.

Do

- ✓ try to keep at least 2 metres (3 steps) from other people in your home, particularly people over 70, or those with long-term health conditions
- ✓ ask friends, family and delivery services to deliver things like food shopping and medicines but leave them outside
- ✓ sleep alone, if possible
- ✓ regularly wash your hands with soap and warm water for at least 20 seconds
- ✓ drink plenty of water and take paracetamol to help with your symptoms

Don't

- ✗ do not have visitors (ask people to leave deliveries outside)
- ✗ do not leave your home, for example to go for a walk, to school or to public places