

Government Isolation rules January 2022

When to self-isolate

Children should self-isolate straight away and get a PCR test (a test that is sent to the lab) as soon as possible if they have any of these 3 symptoms of COVID-19, even if they are mild:

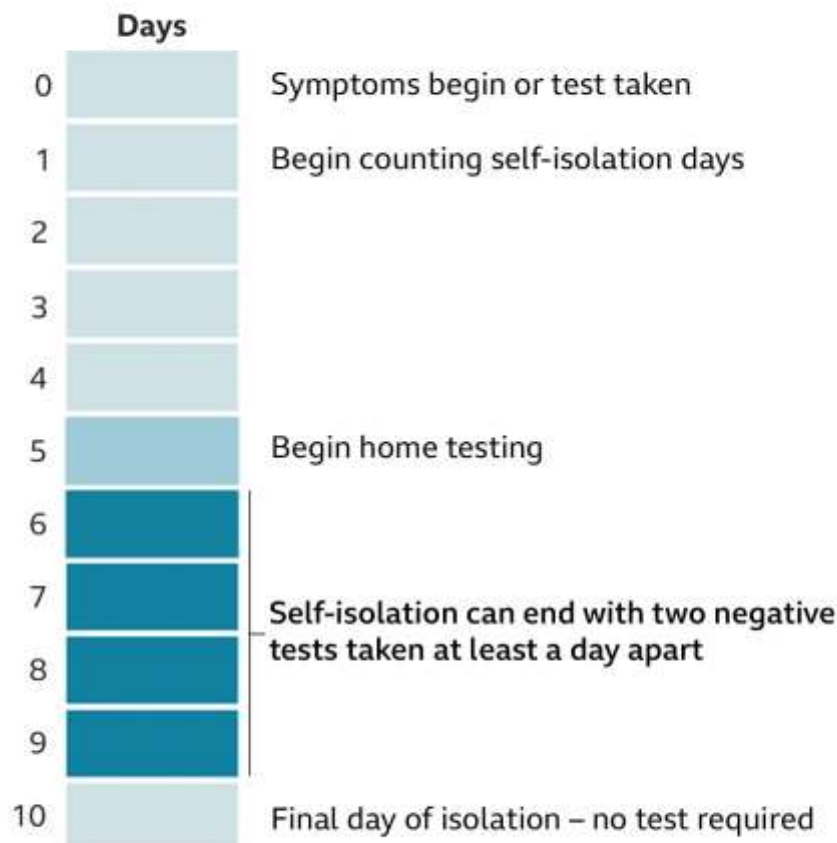
- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste

If someone in the family has tested positive, children are still able to come to school. However, even if they do not have symptoms, they're strongly advised to:

- do daily rapid lateral flow tests (1 a day for 7 days)
- follow advice on how to avoid catching and spreading COVID-19
- consider limiting contact with people who are at higher risk from COVID-19

Self-Isolation Rules

How five-day isolation rule works in England



Source: NHS



- If you test positive, your self-isolation period includes the day your symptoms started (or the day you had the test, if you do not have symptoms) and the next 10 full days.

When to stop self-isolating

You can do a rapid lateral flow test from day 5 of your self-isolation period (but not before) and another test the next day. You can stop self-isolating if:

- both tests are negative – you need two consecutive days of negative results
- you do not have a high temperature

Report your test result after each test.

You should stop testing after you've had 2 negative test results in a row.