

# Requirements during self isolation

What parents and carers need to know about early years providers, schools and colleges in the autumn term.

Updated 1 September 2020

Below is an extract from [this government document](#):

## Self-isolation and shielding

A small number of children and young people may be unable to attend in line with public health advice because they:

- are self-isolating
- have had symptoms or a positive test result themselves
- are a close contact of someone who has coronavirus (COVID-19)

We have asked nurseries, childminders, schools and colleges to:

manage confirmed cases of coronavirus (COVID-19) in the school or college, in line with current public health guidance - this means your child may be asked to self-isolate for 14 days by their nursery, childminder, school or college (based on advice from their local health protection teams) if they have been in close, face to face contact with someone who has tested positive for the virus

It is really important that you help nurseries, childminders, schools and colleges to implement these actions by following the advice set out here and wider public health advice and guidance (see below).

## How to self isolate

Below is an extract from [this NHS document](#):

You must not leave your home if you're self-isolating.

- do not go to work, school or public places – work from home if you can
- do not go on public transport or use taxis
- do not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- do not have visitors in your home, including friends and family – except for people providing essential care
- do not go out to exercise – exercise at home or in your garden, if you have one