

# Isolation advice for households and parents of children in education settings

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## This advice is for parents or carers of children who are isolating.

The school or education setting will notify you that your child **must self-isolate for 10 days**. This is because your child has been exposed to the virus. The infection could be developing in your child and they may be able to spread it to other people, even if they don't show any symptoms themselves. Isolating your child will help reduce the risk of spreading. We are aware that this might not be easy, so here are some frequently asked questions and tips that might help.

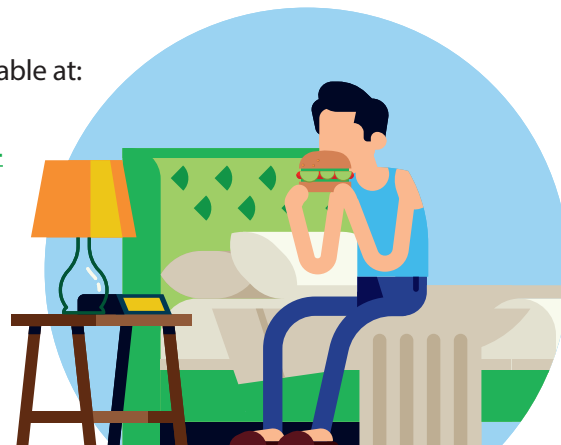


## What does self-isolation mean for my child?

Self-isolation means that your child cannot leave the house unless it is an emergency. Your child cannot go to a school or education setting, or to any after school clubs, go on play dates, take the dog for a walk, go to a playground or use public transport. Other household members can carry on as normal, so siblings can go to school or education setting and parents can go to work unless they have symptoms. Parents or guardians are legally responsible for ensuring that anyone under 18 self-isolates if they test positive for COVID-19 or if they are a close contact of a positive case.

Detailed self-isolation guidance is available at:

[www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection)



## Can my child stop self-isolating, if they test negative?

No, if your child is self-isolating because a member of the household or the bubble has tested positive, then a negative test simply means that they don't have Coronavirus at the time of the test. They still need to self-isolate for the full 10 days as it may take up to 10 days for them to become infectious.

### Can my isolating child come with me on foot or in the car when I take other children to school or an educational setting?

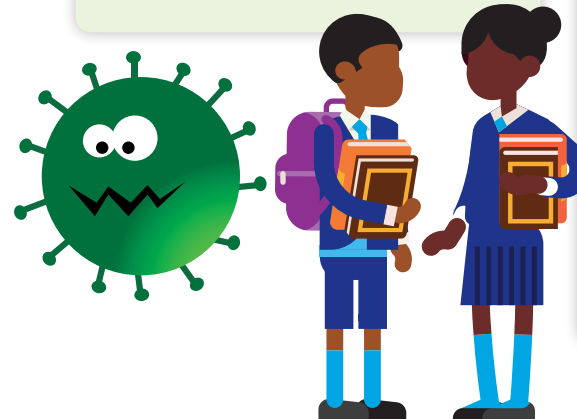
No, self-isolation means that the contact will need to stay at home for 10 days. If you have other children who need to be escorted to school/educational setting, try to find someone else who can take them. You can contact your school/educational setting to find out if they can offer any additional support.



Stay at home for 10 days

### Can I visit friends or go shopping if my isolating child stays in the car or outside?

No – the guidance is clear that the isolating child must stay at home. Please contact our People Helping People team if you need essential shopping and no-one is available to look after the isolating child. You can ask for help on the following link: [www.cheshireeast.gov.uk/people-helping-people](https://www.cheshireeast.gov.uk/people-helping-people)



## Why can't my child mix with other children who are also isolating?

Self-isolation is about protecting others and slowing down the spread of COVID-19. It is very important that anyone who has the virus, or might have been exposed to it, limits the number of people they come into contact with. This is the most effective way of preventing the Coronavirus from spreading.

If your child has the virus, it may take some time for it to develop into an illness, (the "incubation period" of the virus). Even if you know your child spent time with and was exposed to a particular child on a certain day, that child may not have been infectious on that particular day but may be by now, there is still a risk of transmission.



## Can I get financial support if I have to stay at home with my child who is self-isolating?

Yes, there is a Test and Trace Support payment available for parents who meet the criteria. Further information can be found on the following link:

[www.cheshireeast.gov.uk/council\\_and\\_democracy/council\\_information/coronavirus/test-and-trace-support-payment.aspx](http://www.cheshireeast.gov.uk/council_and_democracy/council_information/coronavirus/test-and-trace-support-payment.aspx)



## Can I get a babysitter to look after my child or to take my child to a relatives' house to be looked after if they are in my support bubble?

No, your child must not leave home for 10 days unless in an emergency. You should not have any visitors coming to your home. This is important to reduce the risk of transmission of COVID-19 to others.

## Do I have to self-isolate if I am the main carer and have to give my child close care and support?

Parents are not legally required to isolate with their children but if your child needs close care you might wish to consider alternatives. It could be sensible for one adult to isolate with the child and to take responsibility for their close care such as bathing, dressing, cuddling and eating with the child.



## Can I take my child on a day trip or overnight stays away if we will be staying as a family and not meeting up with anyone else?

No – the guidance is clear that the isolating child must stay at home.



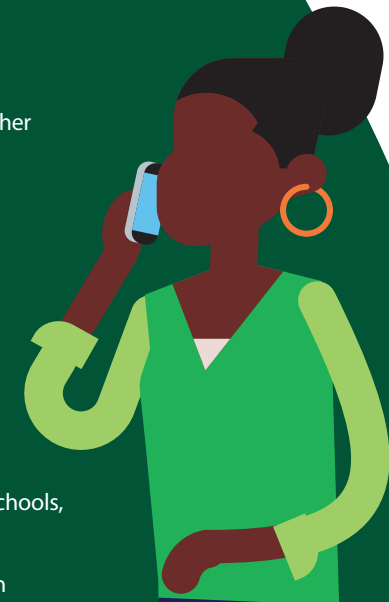
## Should my child stay apart from the rest of the family at home?

Yes, you should follow all the measures at home. This may be very difficult with children and depends on the maturity of your child and how independent they are. Keep following this advice to the best of your ability. If possible, they should not share a bed, towels, cups and should use the bathroom after everyone else so that it can be wiped when they have finished. Try to avoid any unnecessary close or skin to skin contact.

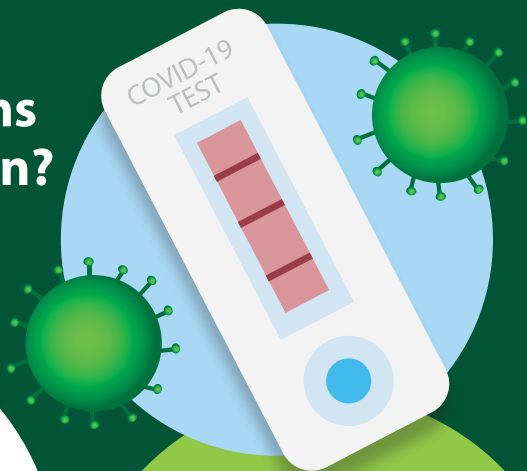


## How can I be ready if my child has to isolate and I have to stay at home with them?

- Talk to your employer, friends and family to ask for their help
- Think about and plan how you can get access to food and other supplies, such as medication, that you will need during this period. Set up online shopping accounts, if possible
- Ask friends or family to drop off anything you need or ordering supplies online, but make sure that these are left outside your home for you to collect
- Ensure you can keep in touch with friends and family over the phone or through social media
- Think about things you can do during your time at home, such as cooking, reading, online learning and watching films
- Creating a contact list with phone numbers of neighbours, schools, employers, chemists, NHS 111 etc.
- You can also download our Self-Isolation Support Pack which contains ideas of how to help keep children occupied when self-isolating at: [www.cheshireeast.gov.uk/pdf/covid-19/covid-19-self-isolation-support-pack.pdf](http://www.cheshireeast.gov.uk/pdf/covid-19/covid-19-self-isolation-support-pack.pdf)
- Familiarise yourself with the latest self-isolation guidance, which can change and is updated regularly, the latest advice is available at: [www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection](http://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection)



# What if my child develops symptoms during the isolation?



If your child develops symptoms while they are self-isolating, arrange to get a PCR test here - [www.gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test)

Everyone in the household should also immediately start self-isolating then too.

If your child's test is negative, they should keep self-isolating for the rest of the 10 days. The household can stop their self-isolation unless they are symptomatic and waiting for their test result.

If your child's test is positive, the 10 days restarts from the day after the symptoms started. This will mean your child will be self-isolating for more than 10 days overall. The child's household will also need to complete self-isolation for 10 days.

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