

The government's advice for COVID-19 (coronavirus).

New guidance for households with symptoms

On 16.03.20 the Government introduced new guidance on whole household isolation in response to the coronavirus (COVID-19) outbreak:

- if you live alone and you have symptoms of coronavirus (COVID-19), however mild, stay at home for 7 days from when your symptoms started
- if you live with others and you or another member of the household have symptoms of coronavirus, then all household members must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the house became ill. It is likely that people living within a household will infect each other or be infected already. Staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community
- for anyone in the household who starts displaying symptoms, they need to stay at home for 7 days from when the symptoms appeared, regardless of what day they are on in the original 14-day isolation period.

The symptoms are:

- A high temperature (37.8 degrees and above)
- A new, continuous cough

The full stay at home guidance for households with these symptoms can be found here:

- <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

Department for Education coronavirus helpline

The Department for Education coronavirus helpline is available to answer questions about COVID-19 relating to education and children's social care. Staff, parents and young people can contact this helpline as follows:

Phone: 0800 046 8687

Opening hours: 8am to 6pm (Monday to Friday), 10am to 4pm (Saturday to Sunday)