

## **Advice Regarding Self-Isolation**

### **You need to take action to isolate if:**

- I or a member of my household has Covid -19 symptoms
- I or a member of my household is awaiting a test result
- I or a member of my household has received a positive Covid-19 test result (regardless of if you or the family member have symptoms)

### **What does self-isolation mean for a household that has a family member with symptoms or a confirmed case?**

- Your whole household needs to isolate and not leave the family home.
- Nobody outside of the family bubble should enter the home.

### **You also need to take action to isolate if:**

- If you have been asked by Track and Trace to isolate
- You have received a letter from your child's school or activity club asking them to self-isolate.

### **What does self-isolation mean for a household with a family member who has been a close contact?**

- The person that has been asked to isolate cannot leave the family home until the return to normal activities date detailed in any correspondence provided.
- Nobody outside of the family bubble should enter the home.
- Other household members do not need to self-isolate unless they are also a close contact.

### **We are asking you to do this to reduce the further spread of Covid-19, to friends, family and our wider school community.**

If you require support to help your household to isolate, please call the Torbay Community Helpline 01803 446022, available 10am-6pm, Monday-Friday, and 9:30am-12:30pm Saturdays. Online form available at [www.bit.ly/torbayhelpline](http://www.bit.ly/torbayhelpline)