**Covid Information as of 31.08.21**

In light of a few cases of pupils and parents undertaking Covid PCR tests, we have been asked a few times about information on the current guidelines.

The information below is taken from the BBC News website which has the most clear information we could access.

## Who has to self-isolate?

*Everyone must self-isolate in line with*[***NHS Inform guidelines***](https://www.nhsinform.scot/self-help-guides/self-help-guide-when-and-how-long-to-self-isolate-due-to-coronavirus)*if they have had a positive Covid test or virus symptoms.*

*But from 9 August, the rules changed for close contacts of a positive Covid case if they are under 18.*

*If you are aged between five and 18, you are a close contact if you live in the same household as a positive case, or if you have been identified by NHS Test and Protect as a close contact.*

*If this happens, you have to:*

* *Self-isolate immediately and book a PCR test*
* *If the PCR test is negative and you remain without symptoms, you can end self-isolation and return to school*
* *If the PCR test is positive, stay in self-isolation in line with NHS guidance*
* *If symptoms start at any time, go back to the self-isolation stage and book a PCR test*

*Under-fives do not have to self-isolate if they are a close contact if they stay symptom-free. They do not have to take PCR test, but it is encouraged if possible before returning to childcare and usual activities.*

***Can schools ask pupils to self-isolate?***

*No. Whole classes or groups are no longer routinely asked to stay at home.*

*The school should be contacted by Test and Protect to identify any potential close contacts and will then send out a "warn and inform" letter to let parents know there has been a case in the school.*

*Some schools have decided to inform parents if there has been a case in individual classes. Parents will be asked to remain vigilant for symptoms and to continue home testing for secondary pupils, but they will not ask people to isolate.*

***What is a close contact?***

*Sitting next to someone in class is no longer a guarantee of being deemed a close contact.*

*Close contacts are now considered to be household contacts such as parents and siblings - and contact is considered closer for longer, for example from a sleepover.*

*A close contact will now only be formally notified by local public health teams.*

*How long is self-isolation?*

*Self-isolation now only lasts as long as the wait for a negative PCR test result. This could be as little as one or two days.*