

Procedure for Self-Isolation – COVID-19

WMG Academy Trust has adopted the Government guidance on self-isolation for staff and students. In this procedure, 'you' refers to either students or employees of WMG Academy Trust. Self-isolation is the practice of staying at home because you have, or might have, coronavirus (COVID-19). This is to help stop the virus spreading to other people.

You should self-isolate if:

- You have the following symptoms - **a high temperature, a new continuous cough or change to your sense of taste and smell.**
- You are waiting for a coronavirus test result.
- You have tested positive for coronavirus-this means you have coronavirus.
- You live with someone who has symptoms, is waiting for a test result or has tested positive.
- You have symptoms of coronavirus you usually need to self-isolate for at least 10 days, unless you receive a negative PCR test.
- You live with someone who has symptoms or has tested positive, you'll usually need to self-isolate for 10 days.

NB: a PCR test result is superseded by any advice from NHS Test and Trace to isolate or if another member of your household tests positive.

If you are self-isolating, you and anybody you live with must not leave your home. Parents should inform the WMG academy through the student absence that their child is now self-isolating. Staff should inform staff absence immediately.

This means staff and students should:

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

Testing

Staff and students should have a test if they have symptoms. This can be accessed by clicking [here](#). **If you test positive then you must inform WMG Academy Trust immediately.** There is separate advice if you're told by NHS Test and Trace that you've been in contact with a person with coronavirus.

If you test positive whilst asymptomatic, you must still isolate for 10 days. If you subsequently develop symptoms, you must start a new 10-day period of self-isolation from the day after symptoms began.

Kate Tague
Executive Principal

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