



**LADYBRIDGE PRIMARY SCHOOL**

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19<sup>th</sup> March 2020

### **CORONAVIRUS (COVID-19) INFORMATION AND UPDATE No. 3**

#### **What to do if you or someone in your house has symptoms?**

**If you live alone** and you have symptoms of coronavirus illness (COVID-19), however mild, stay at home for **7 days** from when your symptoms started. You may end your self-isolation after 7 days. The 7-day period starts from the day when you first became ill.

**If you live with others** and you are the first in the household to have symptoms of coronavirus, then you must stay at home for 7 days, but **all** other household members who remain well 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.

#### **If I live with others, when can I end isolation?**

After 7 days, if the first person to become ill feels better and no longer has a high temperature, they can return to their normal routine and end their self-isolation. If any other family members become unwell during the 14-day household-isolation period, they should follow the same advice - that is, after 7 days of their symptoms starting, if they feel better and no longer have a high temperature, they can also return to their normal routine.

Should a household member develop coronavirus symptoms late in the 14-day household-isolation period (for example, on day 13 or day 14) **the isolation period does not need to be extended for the other non-symptomatic household members, but the person with the new symptoms has to stay at home for a further 7 days.**

The 14-day household-isolation period will have greatly reduced the overall amount of infection the rest of the household could pass on, and it is not necessary to re-start 14 days of isolation for the whole household. This will have provided a high level of community protection. Further isolation of members of this household will provide very little additional community protection.

(See the table overleaf for examples).

**The Coronavirus helpline for staff, parents and young people: Opening hours: 8am to 6pm (Monday to Friday)**

**Phone: 0800 046 8687**

**Email: [DfE.coronavirushelpline@education.gov.uk](mailto:DfE.coronavirushelpline@education.gov.uk)**

Yours faithfully

Mr C Watson  
Headteacher



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## Stay at Home guidance for households: current guidelines illustrated

Criteria and guidance applied as known on 17/03/2020:

\* Incubation period = maximum 14 days

\* Symptomatic individuals stay in self isolation for 7 days from becoming ill (having symptoms). Day 1 is first day of symptoms

\* Household members who remain well stay in self isolation for 14 days due to maximum incubation period, calculated from day 1 of first symptomatic person

\* Household members do not need to restart the clock if other members become symptomatic during the 14 days self-isolation

Days Persons		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
scenario 1	A	X	+7 days from becoming ill						✓														
	B				X	+7 days from becoming ill					✓												
	C															✓							
	D															✓							
scenario 2	A	X	+7 days from becoming ill						✓														
	B				X	+7 days from becoming ill					✓												
	C														X	+7 days from becoming ill						✓	
	D															✓							

Key: X =ill/having symptoms  
✓ =allowed to go out again