

## Greater Manchester Health's guide to self-isolation dates and timings – with effect from 14 January 2020

Please refer to the document COVID-19 (coronavirus) absence: A quick guide for parents/carers [http://www.saintlukes.wigan.sch.uk/serve\\_file/853339](http://www.saintlukes.wigan.sch.uk/serve_file/853339)

In calculating the self-isolation end date, we have used the official national test and trace guidance under which the date of last contact with the positive case is considered to be day 0 of a 10 day self-isolation period and where day 11 is the day when self-isolation is lifted and your child can return to school, as set out below:



We are aware that this may differ from how you could interpret the online information that is available, but we are advised to use this method by Public Health England as it reflects a recent change to the national calculation methodology.

We are asking you to do this to reduce the further spread of COVID 19 to others in the community.

If you are well at the end of the period of self-isolation, then you can return to usual activities. A negative test does not mean that you can return to school earlier than the self-isolation period.