

SELF ISOLATION POLICY.

Please refer to Health and Hygiene policy, COVID-19 Implementing Protective Measures

The Early Years Foundation Stage (2017) requires that providers *"promote the good health of children...take necessary steps to prevent the spread of infection, and take appropriate action if children are ill"*

Policy Intent

To safeguard children and staff in the event of a potential pandemic event relating to a virus or infectious disease

Avoiding the spread of the virus

Playgroup will ensure that there is liquid soap and antibacterial sprays available.

The staff will support the children taking the steps below to reduce the risk of spreading the virus or infectious disease.

- cover their mouths and nose with a tissue or their sleeves (not their hands) when they cough or sneeze
- put used tissues in the bin immediately
- wash their hands with soap and water
 - When they arrive in the morning
 - After using the toilet
 - Before Meal time/handling food
 - After Outside breaks
 - After messy play
 - Before going home

Parents should also follow the hygiene recommendations at home and try to avoid close contact with people who are unwell.

When should children and parents self-isolate?

In the event of a potential pandemic event relating to a virus or infectious disease, employees and children/parents may be required to self-isolate.

Current Pandemic - COVID-19

The most common symptoms of coronavirus (COVID-19) are recent onset of any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

What is the process if you are required to self-isolate?

If you are required to self-isolate you should follow the below procedure to effectively manage the risk of spreading the virus / infectious disease:

1. Parents should contact the supervisor as soon as possible and then the supervisor will keep a confidential list of who is self-isolating.
2. Children can return to playgroup when they have been given the all clear.
3. Parents cannot drop off and pick up children at playgroup if they are self-isolating. Children must be dropped off and picked up by someone who is clear of infection.

How do you self-isolate?

If you believe you have, or are caring for someone that may have the virus or infectious disease, you should follow the below procedure in line with the advice provided by [gov.uk](https://www.gov.uk)

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Self-Isolation policy – children/parents

- if you live alone and you have symptoms of coronavirus illness (COVID-19), however mild, stay at home for at least 7 days from when your symptoms started. (The [ending isolation](#) section below has more information)
- after 7 days, if you do not have a high temperature, you do not need to continue to self-isolate. If you still have a high temperature, keep self-isolating until your temperature returns to normal. You do not need to self-isolate if you only have a cough or [anosmia](#) after 7 days, as these symptoms can last for several weeks after the infection has gone
- if you live with others and you are the first in the household to have [symptoms](#) of coronavirus (COVID-19), then you must stay at home for at least 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. See the [explanatory diagram](#)
- for anyone else in the household who starts displaying [symptoms](#), they need to stay at home for at least 7 days from when the symptoms appeared, regardless of what day they are on in the original 14 day isolation period. The [ending isolation](#) section below has more information, and see the [explanatory diagram](#)
- staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community
- if you can, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period
- if you cannot move vulnerable people out of your home, stay away from them as much as possible
- reduce the spread of infection in your home: wash your hands regularly for 20 seconds, each time using soap and water, or use hand sanitiser; cover coughs and sneezes
- if you have coronavirus (COVID-19) symptoms:
 - do not go to a GP surgery, pharmacy or hospital

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Self-Isolation policy – children/parents

- you do not need to contact 111 to tell them you're staying at home
- testing for coronavirus (COVID-19) is not needed if you're staying at home
- if you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 7 days, then use the online coronavirus (COVID-19) service. If you do not have internet access, call NHS 111. For a medical emergency dial 999
- if you develop new coronavirus (COVID-19) symptoms at any point after ending your first period of isolation (self or household) then you need to follow the same guidance on self-isolation again

The above information is subject to change, please check the below links for the most up to date guidance on managing virus or infectious diseases:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

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