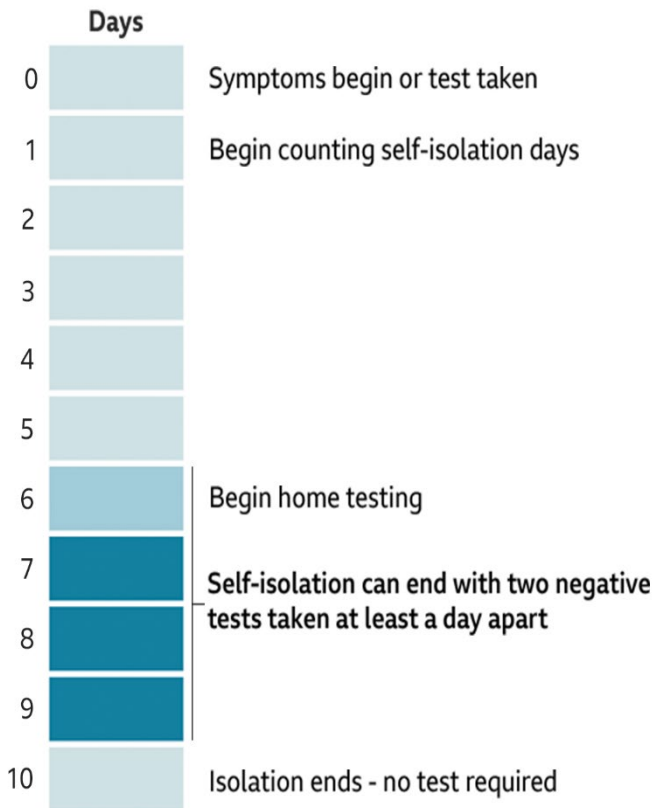


Covid Self-isolation Update

What are the self-isolation rules for people with Covid?

How seven-day isolation rule works in the UK



Across the UK, you must self-isolate as soon as **symptoms** develop, or - if you have no symptoms - when you receive a positive LFT or PCR test.

People without symptoms who have a positive LFT result no longer have to take a PCR test to confirm their status.

The new testing guidance will stay in place while Covid case levels remain high, **because the vast majority of people with positive LFT results at the moment** are extremely likely to have coronavirus.

But whichever type of positive test result you have, you are still required to **self-isolate for at least seven days**.

You can end self-isolation after two negative LFT results, 24 hours apart - the first no earlier than day six. As long as you do not have a high temperature, you can stop self-isolating after the second negative test, on day seven.

If the day-six test is positive, you can take two further tests on subsequent days, and - if you do not have a fever - can stop isolating once you have had two negative results, 24 hours apart.

Source: NHS



What / Who is a Close Contact?

You are a close contact if you have been contacted by Track and Trace, or you..

live in the same household as another person who has COVID-19 symptoms or has tested positive for COVID-19

have had any of the following types of contact with someone who has tested positive for COVID-19:

- face-to-face contact including being coughed on or having a face-to-face conversation within one metre
- been within one metre for one minute or longer without face-to-face contact
- been within 2 metres of someone for more than 15 minutes (either as a one-off contact, or added up together over one day)

What are the self-isolation rules for close contacts of people with Covid?

If you are **fully vaccinated** (two doses) you **do not** have to self-isolate, but **should take daily LFTs** for seven days (or until 10 days since your last contact, if this is earlier).

This also applies to **people under the age of 18** yrs and 6 months

If any of the LFTs are positive, you'll need to self-isolate from the date of the test

Close contacts of positive cases who are **not fully vaccinated** still have to self-isolate for the full 10 days.

Anyone who develops Covid symptoms during self-isolation should take a PCR test.

HR Reporting and Implications upon Pay

If you have to self isolate as you have a positive test for the specific reasons noted above, you must

1. Phone your line manager immediately to report your need to isolate, and date of planned return
2. Register the result of your test <https://www.gov.uk/report-covid19-result>
3. If you need to isolate as a close contact (unvaccinated) write to line manager with an explanation of your reason for isolation
4. Forward your **NHS test result email** to your line manager with your interpretation of when your isolation period started (see diagram)

If you follow all of the above steps you will be entitled to sick pay for your isolation period (in the majority of cases*)

If you are entitled to Statutory Sick Pay (SSP) the law currently says that you are entitled to receive SSP from day one of your isolation. You may also be entitled to contractual (enhanced) sick pay from Manchester Settlement, you will also continue to receive this sick pay whilst you are entitled to it

If you are unvaccinated and have to self isolate as a close contact having been notified by Track and Trace for the specific reasons noted above, you must follow the steps 1,2,3 above

At this moment in time unvaccinated staff that are required to self isolate as a close contact are also entitled to sick pay as above, but this policy is under review.

We would strongly encourage all staff to get fully vaccinated for the purposes of maximising the safety of colleagues and service users, but also for the avoidance of possible future restrictions on isolation sick pay.