

Self-Isolation Rules

The Chief Medical Officers for England, Northern Ireland, Scotland and Wales have announced that the requirement to self-isolate will be reduced from 14 days to 10 days. This change came into force across the UK on **Monday 14 December**. Pupils and staff can return to school and stop self-isolating after 10 full days in isolation following being identified as a contact. Pupils and staff should follow the isolation guidance if they develop symptoms while in self-isolation.

Pupil or staff who test positive should continue to self-isolate for 10 days from onset of symptoms or 10 days from point of taking a positive test if asymptomatic.

An update on the Thurrock Education Protocol and flow charts demonstrating this will be issued in the new year.

In regards to cases that are already in progress we suggest that you send this table to your families to help them with the reduction in days if they have been asked to self-isolate for 14 days:

If your self-isolation period was due to end on	Your self-isolation period now ends on
Saturday 12 December	Saturday 12 December
Sunday 13 December	Sunday 13 December
Monday 14 December	Monday 14 December
Tuesday 15 December	Monday 14 December
Wednesday 16 December	Monday 14 December
Thursday 17 December	Monday 14 December
Friday 18 December	Monday 14 December
Saturday 19 December	Tuesday 15 December
Sunday 20 December	Wednesday 16 December
Monday 21 December	Thursday 17 December
Tuesday 22 December	Friday 18 December
Wednesday 23 December	Saturday 19 December
Thursday 24 December	Sunday 20 December
Friday 25 December	Monday 21 December