**COVID-19 - important information for parents and carers**

**Do not leave home if you or someone you live with has any of the following:**

* a high temperature
* a new, continuous cough
* a loss of, or change to, your sense of smell or taste

[**Check the NHS website if you have symptoms**](https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms-and-what-to-do/)

**Definition of a household**

* one person living alone
* a group of people (who may or may not be related) living at the same address and who share cooking facilities, bathrooms or toilets and/or living areas
* a [support bubble](https://www.gov.uk/guidance/making-a-support-bubble-with-another-household)

**If you have COVID-19 symptoms or have received a positive test result**

Stay at home and begin to self-isolate for 10 days from when your [symptoms](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection#symptoms) start. Arrange to have a [test](https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/) for COVID-19 if you have not already had one. The result of the test will determine how long you and your household must stay at home and self-isolate.

You and your household should stay at home while you are waiting for a home test kit or a test site appointment and the result.

A positive test result means you must complete a 10-day isolation period.

**If you live in the same household as someone with COVID-19**

Stay at home for 14 days. The 14-day period starts from the day the first person in your household developed [symptoms](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection#symptoms) or, if they do not have symptoms, from the day their test was taken.

**If you do not have symptoms of COVID-19 yourself, you do not need a test. Only arrange a test if you develop COVID-19 symptoms.**

If you live with other people, it can be confusing knowing what to do if more than one of you get COVID-19 symptoms. This simple illustration below explains how long members of the same household need to self-isolate for, if someone in the household develops COVID-19 symptoms and other people subsequently go on to also develop symptoms or not.



**Financial Support**

Information on financial help to self-isolate can be found on our website here;

<https://beta.bathnes.gov.uk/coronavirus-covid-19-latest-information-and-advice/apply-test-and-trace-support-payment>