

TRACK AND TRACE

Changes to self- isolation for household contacts (fully vaccinated and children aged five to 17)

Key messages:

If someone in your household has symptoms of coronavirus or has tested positive:

- **If you are fully vaccinated or under 18 (with the exception of children aged 0 – 4)**

You must self-isolate and take a PCR test. If your test is negative you can stop isolating.

- **If you are not fully vaccinated and 18 or older**

You must self isolate for 10 days. You should get a PCR test on day 2 and day 8 even if these are negative you must continue to isolate for the full 10 days.

- **If you are a child under 5**

If you are under 5 you do not have to isolate or take a test if you have been a contact of a positive case – household or other.

Frequently asked Questions

Q. When does the change come into force?

A. As of 29 October 2021, self-isolation advice and guidance has changed if somebody in your household has coronavirus symptoms or has tested positive for coronavirus.

Q. Is it advice or a legal requirement?

A. Household contacts (fully vaccinated adults or aged between 5 to 17) should be advised to take a PCR test and to self-isolate until receiving a negative result. It is not a legal requirement but contacts should nevertheless be strongly advised to follow the guidance.

Q. When should they be advised to take the PCR test?

A. As soon as possible.

Q. Are we still advising a day 8 PCR test?

A. No, not for household contacts (fully vaccinated adults or aged between 5 to 17)

Q. What if they tested positive within past 90 days?

A. Household contacts who tested positive within the last 90 days should be advised to take an LFD test rather than a PCR and to isolate until they've got a negative result.

Q. If a person has symptoms, it is likely the household will go and get tested together. Will they then need to retest after the symptomatic person gets the positive result.

A. Yes

Q. What about children that are split across two parental homes, blanket applies to all or look at when they were last in one home over infectious period?

A. Blanket applies to all.

Q. Is the guidance on/y for household contacts? What about close contacts? (eg Sexual partners or friends who spent overnight or considerable time within the household)

A. Only household contacts.

Q. Where can I get the PCR required and how quickly can I get hold of one?

A. PCRs should be booked on CTM portal in usual way and are readily available.

Q. What happen if someone refuses to take a PCR test?

A. Contact tracers should strongly encourage contacts to take the PCR test following the normal procedure but if someone refuses a note on the CRM is sufficient.

Q. Can HH contacts leave isolation to get a PCR test?

A. Yes.

Q. If the household contacts do not go for a PCR for whatever reason do they isolate for the full 10 days?

A. No it's ultimately advice to go for a PCR and to isolate until the result. Legally they are exempt from isolation.

Q. Do we still advise secondary school pupils to take 7 day LFDs?

A. Yes – this would be in addition to being advised to take an immediate PCR test and to isolate until a negative result.

Q. Are we anticipating any change of guidance to special schools or Health and social care?

A. No. In general H&SC and special schools are already applying this change.

Q. If a child under 5 is symptomatic but not tested as per recommendations what should those HH contacts be advised to do?

A. They are not required to isolate or advised to take a PCR test.

Q. Can children under 5 still attend nursery/childcare setting if a HH contact?

A. Yes – there are no changes to the advice concerning under 5 household contacts. Under 5s should not attend nursery/childcare setting if they are symptomatic or unwell.

Q. If HH contact is a family carer can they leave isolation to carry out duties?

A. No they should isolate until they received a negative test result.

Q. How are the household contacts released from isolation?

A. Household contacts are released from isolation on receipt of negative test result. They do not need confirmation from TTP.

Q. Are we adding to tracer scripts as well as advisor ones?

A. Yes. Both tracer and advisor scripts will be updated as soon as possible.

Q. If household contacts are in work when we speak to them, should we be asking them to come straight home and take a test?

A. Yes.

Q. What about self-isolation payments if they only isolate for a day or two?

A. There are no changes to self-isolation payments at this stage. Therefore being asked to isolate for a day or two will not impact on the scheme.

Q. How should these cases be resolved on the CRM?

A. For the time being these cases should be treated as exempt from isolation in the usual way.

