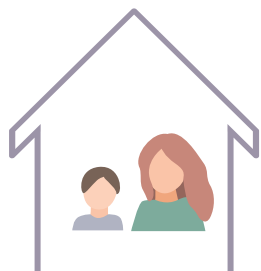


Self isolation

Information for parents or carers

Self isolation



Self isolation means the child who has been identified as the close contact does not leave the home for the isolation period.

The close contact needs to self isolate for the 10-day isolation period even if:

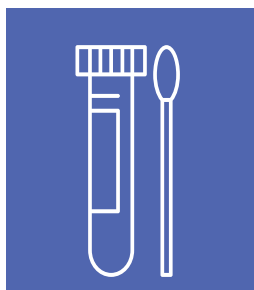
- they have no COVID-19 symptoms; or
- they receive a negative test result.

If your child is unable to self isolate alone, one adult should take the leading role in self isolating with the child for the 10-day isolation period.

- If there are other members of the family sharing the same room with the child who is the close contact, they should isolate too, unless they are able to move rooms.

For further information on self isolation visit: <https://www.gov.scot/publications/coronavirus-covid-19-test-and-protect/pages/how-to-self-isolate-effectively/>

Testing



Testing for close contacts:

- We recommend that close contacts book a test within three to five days of the last contact with the confirmed case.
- Close contacts should access a PCR (polymerase chain reaction) test. See below for information on how to book this test.
- This helps to stop any further spread. This test is voluntary and does not mean the close contact can stop self-isolation.
- Your child must continue to isolate for the 10-day isolation period even if they receive a negative test result.

How to book a test:

- Call 119
- Book online at: www.gov.uk/get-coronavirus-test

For more information about testing and local mobile testing visit:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing/>

- Close contacts should **not** attend an asymptomatic testing site or take a LFT (Lateral Flow Test).



Help and support



If you or someone in your household needs help and support to self isolate please contact:

- the National Assistance Helpline on 0800 111 4000; or
- textphone 0800 111 4114 (Monday to Friday 9am to 5pm).

For help, support and advice in your local area including practical and financial support:

- **East Ayrshire**

Call: 01563 554 400 Email: CustomerServices@east-ayrshire.gov.uk

Website: <https://eastayrshi.re/covidsupport>

- **North Ayrshire**

Call: 01294 310 000 Email: contactus@north-ayrshire.gov.uk

Website: <http://northayrshire.community/covid-19-updates-for-communities/35201/>

- **South Ayrshire**

Call: 01292 616 101 Email: c19.CommunitySupport@south-ayrshire.gov.uk

Website: <https://beta.south-ayrshire.gov.uk/coronavirus>

Mental health

If you are worried about your mental health, visit

<https://clearyourhead.scot/>

Parents

If you are worried about your child's mental health, visit

<https://www.parentclub.scot/>

Domestic abuse

If you or someone in your household is being affected by domestic abuse, call 0800 027 1234 or visit <https://sdafmh.org.uk/>

The Better Health Hub

The Better Health Hub provides support and information on a range of matters that can impact on health and wellbeing

Telephone: 01563 825 611

Email: aa-uhb.betterhealthhub@aapct.scot.nhs.uk

For Health and Wellbeing information online, you can visit:

<https://www.nhsaaa.net/better-health/keeping-well-during-covid19/>

