Staff Briefing
Important changes to self-isolation rules

3 August 2020

Introduction

To help prevent the further spread of Coronavirus on 30 July 2020 the government increased the period you need to self-isolate **from seven to ten days.**

Extending the self-isolation period brings the UK in line with World Health Organisation recommendations.

1. What is self-isolation

Self-isolation is when you stay at home because you have or might have coronavirus (Covid-19). This helps to stop the virus spreading to other people.

2. Self-isolation rules

You should self-isolate if you:

- ➢ have any symptoms of coronavirus – for example a high temperature, a new or continuous cough, or a loss or change to your sense of smell or taste.
- ➢ have tested positive for coronavirus
- ➢ live with someone who has symptoms or has tested positive
- ➢ someone in your support bubble has symptoms or has tested positive
- ➢ you are told by NHS Test and Trace that you have been in contact with a person who has coronavirus .

3. Advice and support

- ➢ Read our staff briefing on **Covid-19 testing for council staff and households with symptoms** – it offers advice and support on how to get tested if you are eligible.

- ➢ Read the **latest guidance from NHS Scotland and the Scottish Government on advice for infected households.**

- ➢ NHS advice on self-isolation can be found **here.**

- ➢ Your wellbeing is our priority. If you have contracted Covid-19 or are self-isolating we will not count any Covid-19 related absence as part of our absence management procedures and you will continue to receive your full contractual pay.

- ➢ Visit our **staff web page** for the latest staff information.