

Coronavirus – Action Plan

17th March

Past Advice	New Advice	Nursery Action
Any person with symptoms MUST isolate for 7 days.	Any person LIVING WITH someone with symptoms MUST isolate for 14 days, anyone WITH symptoms must isolate for at least 7 days	All children, staff and parents MUST isolate for 14 days if any family members show any signs or symptoms e.g. cough OR temperature above 37.8 degrees.
To limit close contact with others e.g. social gatherings, events, cinemas etc.	To stop all contact and social events where possible. Only travel and visit social places if necessary.	From 7.30am on 18/03/2020 we will not be allowing anyone to visit the nursery. Parents, children and staff ONLY.
Anyone over the age of 70 are advised to avoid social gatherings/contact where possible.	It is STRONGLY ADVISED that all people over the age of 70 or a person with already existing health issues avoid all social situations for the next 12 weeks.	Intergenerational work between nursery and Ryder House Care Home will be stopped until further notice.
Pregnant women were not at any more of a risk than any other person.	Pregnant women are now high risk due to lack of research. They are to AVOID all unnecessary social situations where possible.	Any pregnant worker will be given the option to self-isolate if they feel this is the best option. Any pregnant woman who continues to work will be thoroughly risk assessed. Pregnant parents will be given the choice for their child to be collected from the door.

NOTICE

With the new guidance of the ‘household’ having to self-isolate, we are going to face difficulties with staff to children ratios. If it is possible for you to keep your child at home, we would appreciate this. Thankyou – we will keep you updated. *Please read the latest government guidance overleaf*

Ending self-isolation and household-isolation

If you have been symptomatic, then you may end your self-isolation after 7 days. The 7-day period starts from the day when you first became ill. If living with others, then all household members who remain well may end household-isolation after 14 days. The 14-day period starts from the day illness began in the first person to become ill. Fourteen days is the incubation period for coronavirus; people who remain well after 14 days are unlikely to be infectious.

After 7 days, if the first person to become ill feels better and no longer has a high temperature, they can return to their normal routine. If any other family members become unwell during the 14-day household-isolation period, they should follow the same advice - i.e. after 7 days of their symptoms starting, if they feel better and no longer have a high temperature, they can also return to their normal routine.

Should a household member develop coronavirus symptoms late in the 14-day household-isolation period (e.g. on day 13 or day 14) **the isolation period does not need to be extended, but the person with the new symptoms has to stay at home for 7 days.** The 14-day household-isolation period will have greatly reduced the overall amount of infection the rest of the household could pass on, and it is not necessary to re-start 14 days of isolation for the whole household. This will have provided a high level of community protection. Further isolation of members of this household will provide very little additional community protection.

At the end of the 14-day period, any family member who has not become unwell can leave household isolation.

If any ill person in the household has not had any signs of improvement and have not already sought medical advice, they should contact [NHS 111 online](#). If your home has no internet access, you should call NHS 111.

The cough may persist for several weeks in some people, despite the coronavirus infection having cleared. A persistent cough alone does not mean someone must continue to self-isolate for more than 7 days.