

## Calculating self-isolation dates

All direct or proximity contacts **must** self-isolate for **10 days** following their last contact with the index case.

The date they last had contact with the case is considered day 0 of 10.

For example if the last close contact of a child/ staff with the case was on 1st December, then Day 0 is 1st December.

10 days self isolation would then follow.

Day 10 would be on 11th December and self-isolation would conclude at the end of that date.

The child / staff member can return to school on Day 11 i.e. 12th December.

