

Restricting movements means avoiding contact with other people and social situations as much as possible. During the 14 days restricted movements your child cannot:

- attend school, childcare or any group activities
- use public transport
- visit other people's homes or have visitors to your home

Your child can go outside to attend a medical appointment or to exercise as long as they keep 2 metres distance from other people.

## **The rest of the household**

If your child who is a close contact is feeling well, with no symptoms of COVID-19, other people in the household do not need to restrict their movements. They can continue to go to work, school, preschool or childcare. But, if they have also been told they are also a close contact of COVID-19, they would then need to restrict their movements.

### **If your child tests negative (COVID-19 virus not found)**

If your child, who is a close contact with no symptoms of COVID-19, receives a negative result, they still need to restrict their movements:

- for 14 days, or
- until the date you were told to restrict their movements until

This is because it can take up to 2 weeks to develop infection of COVID-19.

### **If your child tests positive (COVID-19 virus found)**

Your child will need to self-isolate (stay in their room) if their test result is positive (COVID-19 virus found).

People in your household will need to restrict their movements (stay at home) for 14 days. Household siblings cannot attend school and adults at home should not go to work.

You, or whoever is the main carer of the child in self-isolation, will need to restrict your movements for 17 days. This includes the 10 days that your child is in isolation and for 7 days after your child's isolation period ends.

Your child must self-isolate until:

- they have not had a high temperature (38 degrees Celsius or over) for 5 days  
**AND**
- it has been 10 days since they first developed symptoms

If your child has no symptoms, they can stop self-isolating 10 days from the date of their test.