

## **Covid Update ~Symptoms, testing and changes to isolation**

Dear Parents,

Happy New Year and we are looking forward to welcoming everyone back to school. We would like to remind everyone on the current COVID advice for schools. In order to keep everyone safe in our community, it is essential that pupils and parents adhere to the advice contained below and if in doubt consult with NHS. Parents are reminded that pupils **must not come to school under any circumstances if they have any symptoms.**

### **The main symptoms of COVID-19 are:**

- a high temperature
- a new, continuous cough – this means coughing a lot, for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to sense of smell or taste – this means they cannot smell or taste anything, or things smell or taste different to normal

### **Daily testing for close contacts of COVID-19**

People who are fully vaccinated, or children and young people aged between 5 and 18 years, identified as a close contact of someone with COVID-19, should take an LFD test every day for seven days and continue to attend school as normal unless they have a positive test result or develop symptoms at any time.

### **Information on the changes to the self-isolation period for individuals who test positive for COVID-19**

If a pupil tests positive, they should self-isolate and [order a PCR test](#) to confirm the result. If the PCR is positive, they must self-isolate for 7 days. If the PCR test is negative, they no longer need to self-isolate but should continue to carry out the remainder of the daily tests, and only need to isolate if it is positive.

Since Wednesday 22 December, the 10-day self-isolation period for people who record a positive PCR test result for COVID-19 has been reduced to 7 days in most circumstances, unless you cannot test for any reason.

Individuals may now take LFD tests on day 6 and day 7 of their self-isolation period. Those who receive two negative test results are no longer required to complete 10 full days of self-isolation. The first test must be no sooner than day 6 and the second should be 24hrs later - therefore if a test is taken 8am morning on day 6 and the second test at 8am on day 7 – then isolation could end following the second test on day 7 and the pupil can return to the education setting on that day.

Anyone who is unable to take LFD tests will need to complete the full 10 day period of self-isolation. Further information is available in the [stay at home: guidance for households with possible or confirmed COVID-19 infection](#).

Thank you for your support in these challenging times.