



4th January 2021

Dear Parents and Carers,

Thank you for your support in returning students to school today for their LFD test. This has gone very smoothly and learning is underway.

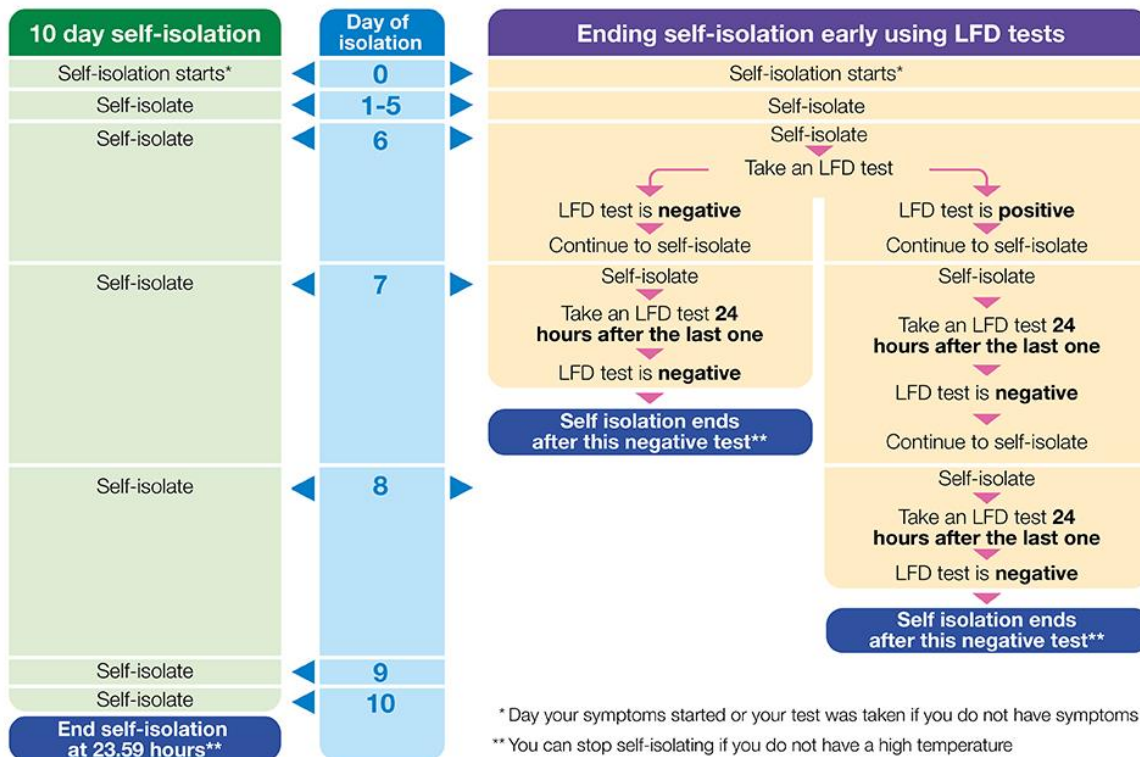
Following the letter sent out yesterday, I have this morning received updated guidance on self-isolation for those with COVID 19.

From this information, I can confirm that from no earlier than day 6, if a person takes two negative lateral flow tests 24 hours apart then they can end their isolation.

For example, if a person does not have a temperature and their LFD test is negative on day 6 and day 7 then they can end their isolation on day 7 after the second negative test. If they are positive on day 6 but negative on days 7 and 8 they can end their isolation on day 8.

This is exemplified in this extract from the government guidance:

Examples of when to end self-isolation if you have had COVID-19 symptoms or have received a positive COVID-19 test result



This means that if, for example, your symptoms started at any time on the 15th of the month (or if you did not have symptoms but your first positive COVID-19 test was taken on the 15th), you may take daily LFD tests from the 21st of the month. If your LFD test results are negative on the 21st and 22nd, and you



do not have a high temperature, you may end your isolation period after the negative test result on the 22nd of the month.

If both your LFD test results are negative, it is likely that you were not infectious at the time the tests were taken. To further reduce the chance of passing COVID-19 on to others, if you end your self-isolation period before 10 full days you are strongly advised:

- *to limit close contact with other people outside your household, especially in crowded, enclosed or poorly ventilated spaces*
- *to work from home if you are able to*
- *in addition to venues where it is a legal requirement, to wear a face covering in crowded, enclosed or poorly ventilated spaces and where you are in close contact with other people*
- *to limit contact with anyone who is at higher risk of severe illness if infected with COVID-19*
- *to follow the [guidance on how to stay safe and help prevent the spread](#)*

You should follow this advice until 10 full days from when your self-isolation period started.

You should not take any more LFD tests after the 10th day of your isolation period and you may stop self-isolating after this day. This is because you are unlikely to be infectious after the 10th day of your isolation period. Even if you have a positive LFD test result on the 10th day of your self-isolation period you should not take any more LFD tests after this day. If you are concerned you may choose to keep following the above advice until 14 days after the start of your self-isolation period.

The full government guidance on self-isolation can be found at this link:

https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection?utm_source=4%20January%202022%20C19&utm_medium=Daily%20Email%20C19&utm_campaign=DfE%20C19#SymptomsPositiveTest

Yours sincerely,

Nicola Raggett
Headteacher