

14.01.22

Dear Parents / Carers

### Changes to self isolation period for those who test positive for COVID-19

From Monday 17 January, people who are self-isolating with COVID-19 will have the option to reduce their isolation period after 5 full days if they test negative with a lateral flow device (LFD) test on both day 5 and day 6 and they do not have a temperature.

For example, if they test negative on the morning of day 5 and the morning of day 6, they can return to their education or childcare setting immediately on day 6.

The first test must be taken no earlier than day 5 of the self-isolation period, and the second must be taken the following day. All test results should be [reported to NHS Test and Trace](#).

***Please note: the day that you display symptoms or test positive (whichever is first) counts as DAY ZERO. For example:***

Positive lateral flow today - Friday

Friday - day zero

Saturday - day one

Sunday - day two

Monday - day three

Tuesday - day four

Wednesday - day five - on this morning you can test on a LFD to see if you get a negative LFT result. If on day 5 you are negative then:

Thursday morning - day six - repeat LFT. If **negative and do not have a temperature** you may return to school that morning

If the result of either of their tests is positive, they should **continue to self-isolate until they get negative results from two LFD tests on consecutive days or until they have completed 10 full days of self-isolation, whichever is earliest.**

Anyone who is unable to take LFD tests or anyone who continues to have a temperature will need to complete the full 10 day period of self-isolation.

Further [information on self-isolation for those with COVID-19](#) is available.

Could we please ask that you keep school informed of test results as we are continually monitoring the situation in school and need to have accurate information about cases.

Kind regards

**Mrs A Brinton**  
**HEADTEACHER**

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