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Tuesday 4th January 2022

Advice on self-isolation of suspected and confirmed cases of Covid-19

Dear Parents and Carers,

If your child is ill or displaying symptoms, do inform school and please do seek further advice from us if you need to. Please find below guidance of steps that we advise if your child or somebody in your household is ill or displaying symptoms.

When your child is ill

If a child is unwell, then the best place for them is at home so that they can recover and to prevent illnesses spreading to others. This applies to all illness, and at this time of year there are many viruses and symptoms associated with common colds and flu in circulation. Unfortunately, it is extremely difficult to distinguish between these illnesses and Covid-19 without taking a test.

Please keep your child at home and arrange a PCR test if they have any of the following symptoms:

- new or continuous cough
- high temperature
- loss of sense of taste/smell

Please also consider arranging a PCR test if your child displays any general illness symptoms; it is becoming increasingly common for those testing positive to report a sore throat, stomach upset or runny nose/sneezing – symptoms of a cold. PCR tests are usually returned in 24-36 hours and so can be very swift at ruling out Covid-19 infection.

If your child tests positive for Covid-19 they must isolate at home

Following a positive result, your child must isolate and on Day 6 and Day 7 they can take an LFD test (24 hours apart). If both tests are negative, then the child can return to school on Day 8 **only if they no longer have a temperature or feel unwell.**

If either of the Day 6 and or Day 7 tests are positive, then the child must continue to isolate until there have been negative test results on **two consecutive days at least 24 hours apart** or until the period of isolation has reached Day 10, when they may then return to school on Day 11.

Guidance on what to do if a member of your household tests positive

Following a positive test of somebody in your household, children in the household may continue to attend school, but must take an **LFD test daily for 7 days** after the positive result of the household member. This test must be taken each morning before attending school. For this purpose, parents and carers are advised to obtain LFD test from the online ordering service. Use this link to obtain a code so that you can collect a pack of tests from a local pharmacy **or** to have pack of test delivered to your home. <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

In order to protect the school and the wider community we all need to be vigilant and take increased measures to protect ourselves and others. We appreciate that preventative measures and stringent guidance is disruptive and frustrating for parents. However, once Covid-19 is identified in pupils within a class, transmission can be rapid, even more so with the Omicron variant. Increased transmission can result in the closure of a class or phase, and this is something that we are extremely keen to avoid. We must work together now to reduce transmission and to minimise risk to all in school and in the wider school community.

We very much value your support and can assure you that we are doing our very best to keep all safe and as many adults and children in school at this time.

Kind regards

Miss Diane Risley & Mrs Natalie Walker

