

Headteacher
Mrs Sophie Gosden



National Support School
designated by



National College for
Teaching & Leadership

Thursday 27th January 2022

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

Dear Mums, Dads & Carers,

Following the further changes to national restrictions and updated legal advice, as of 27/01/2022, we will be moving from the need for 10 days self-isolation to 5 days in line with the national guidance. This also applies to staff and pupils who are currently in self-isolation.

From 27th 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.

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.

10-day self-isolation will remain or be re-introduced on Public Health England's advice, where local infection rates are particularly high.

Please see overleaf for an example of the new rules. Many thanks.

Kind regards,

Sophie Gosden
Headteacher

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Day 0

The day you take a **positive** Lateral Flow or PCR Test.

Days 1 - 4

Isolation Days

Day 5

Isolation Day

Take a Lateral Flow Test today.

If negative, take another one in the morning of Day 6 to complete procedure to end isolation.

Day 6

Possible end of Isolation

Depending on a second negative result on a Lateral Flow Test.

If positive, test again the next day until you had 2 consecutive negative Lateral Flow Tests in 2 days.

Day 10

If you still test positive on Lateral Flow Tests up to and including Day 10, your isolation automatically ends on Day 11.