

28th February, 2022
Ref: 000183



COVID-19 UPDATED GUIDANCE

Dear Parent/Carer,

As I am sure you are aware, government guidance for COVID-19 changed considerably over the half term break.

There is no longer a legal requirement for people with coronavirus (COVID-19) infection to self-isolate, **however if you have any of the main symptoms of COVID-19 or a positive test result, the public health advice is to stay at home and avoid contact with other people.**

The main symptoms of COVID-19 continue to be a recent onset of any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

If you have any of these symptoms you [should order a PCR test](#). You are advised to stay at home and avoid contact with other people while you are waiting for the test result.

Other symptoms linked with COVID-19 include shortness of breath, fatigue, loss of appetite, muscle ache, sore throat, headache, stuffy or runny nose, diarrhoea, nausea and vomiting. Any of these symptoms may also have another cause.

If you have COVID-19 you can infect other people from 2 days before your symptoms start, and for up to 10 days after. You can pass on the infection to others, even if you have mild symptoms or no symptoms at all. If you have COVID-19 you should stay at home and avoid contact with other people.

You should:

- not attend work
- **not attend school**
- ask friends, family, neighbours or [volunteers](#) to get food and other essentials for you
- not invite social visitors into your home, including friends and family
- postpone all non-essential services and repairs that require a home visit
- cancel routine medical and dental appointments
- if you can, let people who you have been in close contact with know about your positive test result so that they can follow this guidance

Many people will no longer be infectious to others after 5 days. You may choose to take an LFD test from 5 days after your symptoms started (or the day your test was taken if you did not have symptoms) followed by another LFD test the next day. If both these test results are

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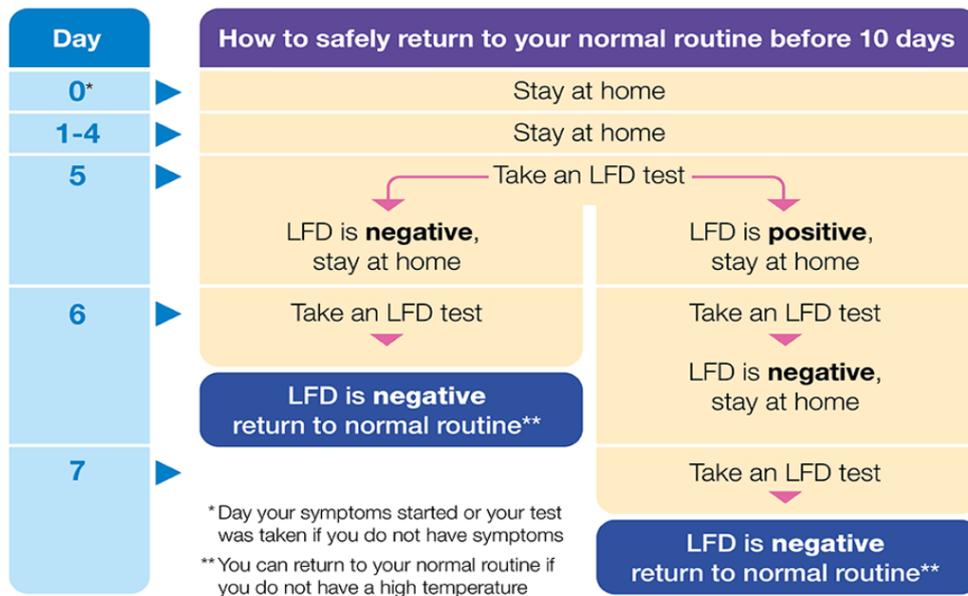
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negative, and you do not have a high temperature, the risk that you are still infectious is much lower and you can safely return to your normal routine. If your day 5 LFD test result is positive, you can continue taking LFD tests until you receive 2 consecutive negative test results.



Children and young people with COVID-19 should not attend their education setting while they are infectious. They should:

- ✓ take an LFD test from 5 days after their symptoms started (or the day their test was taken if they did not have symptoms) followed by another one the next day.
- ✓ If both these tests results are negative, they should return to their educational setting, as long as they feel well enough to do so and do not have a temperature.

From last Thursday, the government removed the legal requirement to self-isolate following a positive Covid-19 test and also ended routine contact tracing. Close contacts who are fully vaccinated will no longer have to test daily for 7 days, while unvaccinated close contacts will not be required to self-isolate. This means that we will no longer be issuing our 'warn and inform' letter in the event of a confirmed positive case of Covid in school.

With the virus still circulating in our communities, continuing to follow good public health behaviours is still vitally important. Staff and visitors will no longer be wearing face coverings in corridors and communal areas in school, however, these may be re-introduced as part of our outbreak management plan if we see an increase in cases. Staff continue to wear face coverings when supporting on our main school gate. We continue to ask parents to attend face coverings when on school premises e.g. attending a parent workshop, meeting.

Should you require any further information, [updated government advice](#) provides essential advice on how to reduce your risk of catching and spreading the virus. A copy of our updated Covid-19 Risk Assessment and Outbreak Management Plan can be found here on our [website](#).

We thank you, as always, for your cooperation and support in helping to keep our school community as safe as possible.

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Kind regards,



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