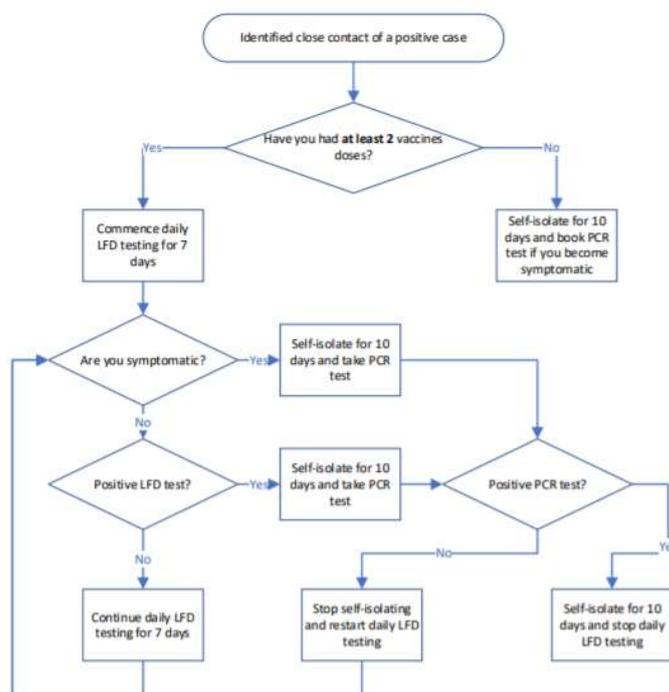




Dear parents / carers,

From Tuesday 14<sup>th</sup> December, a new national approach to daily testing for contacts of Covid-19 is being introduced (including until the end of this term). All adults who are fully vaccinated and children aged 5 to 18 years and 6 months, identified as a contact of someone with Covid-19 – whether Omicron or not – should take a lateral flow device (LFD) test every day for 7 days instead of self-

**Self-isolation and testing requirements w.e.f. Tuesday 14<sup>th</sup> December 2021**



isolating.

Once notified by NHS Test and Trace as a close contact, all eligible staff, pupils and students should:

- Take an LFD each day for 7 days and report the results through the [Online Reporting System](#) and to their school.
- If they test negative, they can continue to attend school.
- If they test positive, they should self-isolate and order a PCR test to confirm the result. If the PCR is positive, they must self-isolate for 10 days. If the PCR test is negative, they no longer need to self-isolate but should continue to carry out the remainder of the daily tests, and only need to isolate if it is positive.
- Outside of school, you should continue to follow the advice set out in the [Sunday 12 December press release](#).



- Anyone over the age of 18 years and 6 months who is not vaccinated, must isolate in line with government guidelines if they are a close contact of a positive case.
- For **students with SEND** who struggle to or are unable to self-swab daily for 7 days, settings will work with students and their families to agree an appropriate testing route, such as assisted swabbing. Information on further support measures will be provided.
- This approach should also be adopted over the winter break and on return in January.

If you think your child is a close contact but has not been contacted directly by NHS Test and Trace please follow the guidance here

<https://www.gov.uk/government/publications/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person#i-think-i-have-had-contact-with-someone-who-has-tested-positive-for-covid-19-but-i-have-not-been-notified-and-advised-to-self-isolate-what-should-i-do>

### **What to do if your child develops symptoms of coronavirus (COVID-19) or tests positive for COVID-19**

If your child develops symptoms of coronavirus (COVID-19), they should get a PCR test and remain at home at least until the result is known. If negative, the child can end self-isolation; if positive, the child should isolate until at least 10 days after their symptoms appeared. Symptoms of coronavirus (COVID-19) are a new, continuous cough, or a high temperature, or a loss of, or change in, their normal sense of taste or smell (anosmia). If the child has a positive test result but does not have symptoms, they should stay at home and self-isolate for 10 days from the date the positive test was taken. This isolation period will be extended if they go on to develop symptoms by counting 10 full days from the day following their symptom onset. Anyone with symptoms will be eligible for a PCR test (the normally available test type) and this can be arranged via Get a free PCR test to check if you have coronavirus (COVID-19) - GOV.UK(www.gov.uk) or by calling 119.

If you develop symptoms at any time, even if these are mild, self-isolate immediately, arrange to have a COVID-19 PCR test and follow the guidance for people with COVID-19 symptoms. For most people, coronavirus (COVID-19) will be a mild illness. If your child does develop symptoms, you can seek advice from the



nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/> If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> or by phoning 111.

## **How to stop coronavirus (COVID-19) spreading**

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus (COVID-19):

- Get vaccinated – everyone aged 18 and over can book COVID-19 vaccination appointments now and 16-17 year olds are being offered 1 dose of the vaccination
- Wash your hands with soap and water or use hand sanitiser regularly throughout the day
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin immediately and wash your hands afterwards
- Meet people outside and avoid crowded areas
- Open doors and windows to let in fresh air if meeting people inside
- Wear a face covering if aged 11 and over when it's hard to stay away from other people – particularly indoors or in crowded places
- Participate in twice weekly LFT testing following national guidelines (recommended for 11 years and over). We encourage you to log your results here: <https://www.gov.uk/log-test-site-covid19-results>

## **Further Information**

Further information is available at

<https://www.nhs.uk/conditions/coronavirus-covid-19/>