

17<sup>th</sup> January 2022

Dear Parent/Carer

I am writing to let you know that we have received the latest updated guidance from the Government regarding LFD testing, PCRs and self-isolation. I thought it was important to share and clarify this information with you.

**LFD Testing and PCR:**

If there is a line next to the 'T' on the LFD test (this might only be very faint) this is a positive result. At the moment there does not need to be a confirmatory PCR booked and self-isolation starts the day after the test has been taken.

**Self-isolation:**

From Monday 17<sup>th</sup> January the isolation period has been reduced to five days. The attached 'Changes to Isolation Periods' shows how the isolation and return date should be calculated.

In order to return to the Academy on day 6 students will need to test negative in the morning on day 5 and the morning of day 6. **Please inform the Academy of the results and record these on TestRegister and the Government website.** If the result of **either** test is positive, students 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. In order to minimise risk and reduce the transmission it is essential that everyone follows this guidance.

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.

For information regarding the new guidance please click on the following link:

<https://www.gov.uk/government/news/self-isolation-for-those-with-covid-19-can-end-after-five-full-days-following-two-negative-lfd-tests>

If your child has any of the following symptoms of COVID-19 which are:

- A high temperature
- A new continuous cough
- A loss or change to your sense of smell or taste

A PCR must be booked and they should self-isolate until the results have been received. If the result is negative your child can return to the Academy. If the result is positive then they must follow the attached self-isolation chart. Please can I ask that all parents inform the Academy of these results.

Thank you for your continued support.

Yours sincerely

Helen Colbran  
Deputy Principal

## Changes to Isolation Periods

The isolation period is still 10 days but can be reduced to **5 full days** (as long as your child is well enough and without a temperature) and receives **2 consecutive negative** LFD results. The earliest they should take the first LFD test is on day 5.

Any **positive test** after a first **negative test** would mean that the first negative is **null and void**. This would **reset** the isolation period and your child would still require 2 consecutive negative tests from this point forward.

Anyone who tests positive must isolate for a full 5 days.

Scenario 1 A negative test on Day 5 and then Day 6. Isolation ends on Day 6 once the 2<sup>nd</sup> LFD test is negative.

Day Zero	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
					Negative LFD	Negative LFD				

Day Zero is the day symptoms started *or* the day the test was taken if asymptomatic. Day 1 of isolation is the day after Day Zero.

Anyone who tests positive must isolate for a full 5 days.

Scenario 2 A negative test on Day 6 and then Day 7. Isolation ends on Day 7 once the 2<sup>nd</sup> LFD test is negative.

Day Zero	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
					Positive LFD	Negative LFD	Negative LFD			

Day Zero is the day symptoms started *or* the day the test was taken if asymptomatic. Day 1 of isolation is the day after Day Zero.

Anyone who tests positive must isolate for a full 5 days.

Scenario 3 A negative test on Day 7 and then Day 8. Isolation ends on Day 8 once the 2<sup>nd</sup> LFD test is negative.

Day Zero	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
					Positive LFD	Positive LFD	Negative LFD	Negative LFD		

Day Zero is the day symptoms started *or* the day the test was taken if asymptomatic. Day 1 of isolation is the day after Day Zero.

Anyone who tests positive must isolate for a full 5 days.

Scenario 4 A negative test on Day 8 and then Day 9. Isolation ends on Day 9 once the 2<sup>nd</sup> LFD test is negative.

Day Zero	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
					Positive LFD	Positive LFD	Positive LFD	Negative LFD	Negative LFD	

Day Zero is the day symptoms started *or* the day the test was taken if asymptomatic. Day 1 of isolation is the day after Day Zero.

Anyone who tests positive must isolate for a full 5 days.

Scenario 5 A negative test on Day 9 and then Day 10. Isolation ends on Day 10 once the 2<sup>nd</sup> LFD test is negative.

Day Zero	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
					Positive LFD	Positive LFD	Positive LFD	Positive LFD	Negative LFD	Negative LFD

Day Zero is the day symptoms started *or* the day the test was taken if asymptomatic. Day 1 of isolation is the day after Day Zero.

Anyone who tests positive must isolate for a full 5 days.

Scenario 6 Isolation will end at 11:59pm on day 10 so no need to test as child can return on Day 11.

Day Zero	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
					Positive LFD	Positive LFD	Positive LFD	Positive LFD	Positive LFD	

Day Zero is the day symptoms started *or* the day the test was taken if asymptomatic. Day 1 of isolation is the day after Day Zero.

In any scenario, the isolation period can only end if your child no longer has a high temperature. This applies even if they have tested negative twice.