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January 17<sup>th</sup> 2022

Dear Parents/Carers,

As you are probably aware, the period of self-isolation after testing positive for COVID has been reduced again. Please read the information below for the latest guidance.

### Update on COVID Self-Isolation Rules

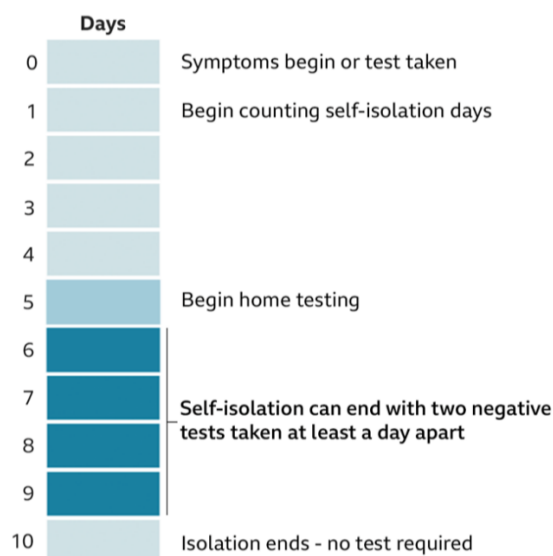
From today, people who are self-isolating with COVID-19 will have the option to reduce their isolation period after 5 full days if they test negative with a lateral flow device (LFD) test on both day 5 and day 6 and they do not have a temperature. For example, if they test negative on the morning of 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.

Please note the day of the test or when symptoms began is day 0 and the count begins the day after, as illustrated in the diagram below (taken from the BBC website).

### How five-day isolation rule works in England



Source: NHS



Our Risk Assessment has been reviewed in line with these new rules. As always, if you have any queries, please don't hesitate to get into contact with the school office.

Yours sincerely

A handwritten signature in blue ink that reads "Al Higgins". The signature is written in a cursive style with a large initial 'A'.

Alison Higgins