

7<sup>th</sup> January 2022

Dear Parents / Carers,

You will be aware that some of the rules regarding COVID 19 self-isolation have recently changed.

We wanted to share with you a summary of these changes, as follows.

It remains a legal requirement to self-isolate straight away and book a PCR test at [www.gov.uk](http://www.gov.uk) as soon as possible, if you have any of these 3 symptoms of COVID-19, even if they are mild.

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

If you test positive for COVID-19, you must continue to self-isolate.

You can now take a lateral flow device test (LFD) on day six and day seven of your isolation period, these must be at least 24 hours apart. If they are both negative and you do not have a high temperature, you will be released from isolation at the end of day seven. This replaces the previous 10-day self-isolation period.

If either of these tests are positive, you must continue to isolate.

Please note, day 1 of the isolation period is the day after the start of symptoms or if you do not have symptoms, the day after a positive test has been received.

We encourage everyone to continue to take lateral flow device tests regularly. These are very good at detecting if someone has the virus and if they are infectious, if they do not have symptoms or if they have wider cold-like symptoms.

From 11<sup>th</sup> January 2022, anyone in England who receives a positive LFD test result should report their result on [www.gov.uk](http://www.gov.uk) and must self-isolate immediately but will not need to take a follow-up PCR test.

After reporting a positive LFD test result, you will be contacted by NHS Test and Trace so that contacts can be traced. A confirmation email will be sent to you by the NHS which should also be sent to the school email [covid19positive@moatfarm-jun.sandwell.sch.uk](mailto:covid19positive@moatfarm-jun.sandwell.sch.uk)

Please note, even with the new rules, if you or your child has one of the three main symptoms of COVID-19, you are still required to take a PCR test.

We appreciate it can be difficult to keep abreast with all of the changes. If you are unsure or would like to talk through individual cases, please contact school and we will be happy to offer advice and support.

With best wishes,

Moat Farm Junior School