

4<sup>th</sup> April 2022.

Dear Parents / Carers,

You will be aware that as of 1<sup>st</sup> April 2022, there have been further changes regarding COVID 19 testing and self-isolation rules.

We wanted to share with you a summary of these changes and what it means for both you and your child.

From 1<sup>st</sup> April 2022

- Free testing for the general public will end as part of the 'Living with Covid plan.'
- Children and young people with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to attend their education setting.
- Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people. They can go back to school, college or childcare, and resume normal activities when they no longer have a high temperature, and when they are well enough to attend.
- New government advice recommends that children and young people are not tested for COVID-19, unless directed to by a health professional.
- However, if a child or young person has a positive COVID-19 test result they should try to stay at home and avoid contact with other people for 3 days after the day they took the test. After 3 days, if they feel well and do not have a high temperature, the risk of passing the infection on to others is much lower. This is because children and young people tend to be infectious to other people for less time than adults.
- Adults with a positive COVID-19 test result are advised to try to stay at home and avoid contact with other people for 5 days after the day you took the test.
- Children and young people who usually go to school, college or childcare and who live with someone who has a positive COVID-19 test result should continue to attend as normal.

We will continue to take sensible precautions in school which will include encouraging good hand hygiene and keeping indoor spaces well ventilated.

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.

Thank you for continued support.

With best wishes,

Ms L Stone  
Head Teacher.