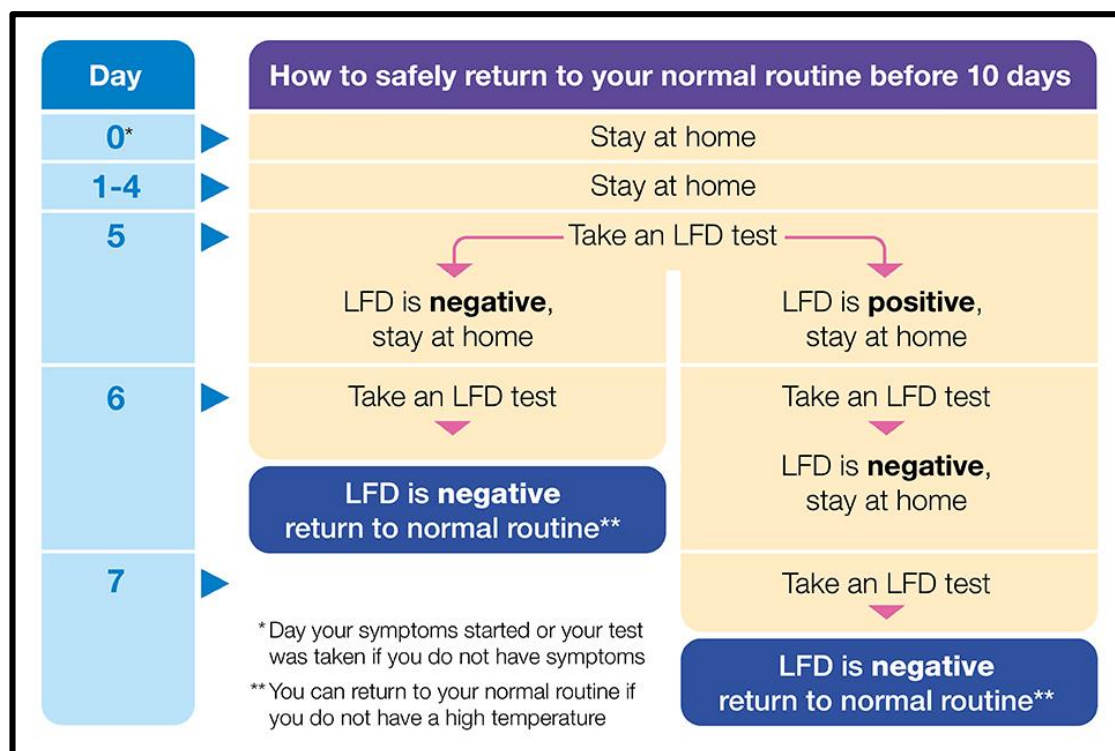


Dear parents and carers

Following the announcement of the changes to self-isolation as part of the next phase of the government's COVID-19 response, we wanted to share the following information with you.

Key Information

- If your child displays any symptoms of covid-19 they should remain at home and book a PCR test as soon as possible. PCR tests can be booked online through the [NHS Test & Trace website](#) or by calling 119. Please note: *you should not arrange for your child to have a PCR test if they have previously received a positive PCR test result in the last 90 days unless they develop any new symptoms of COVID-19. This is because it is possible for PCR tests to remain positive for some time after COVID-19 infection.*
- **Children and young people with COVID-19 should not attend school while they are infectious.** They should take an LFD test from 5 days after their symptoms started (or the day their test was taken if they did not have symptoms) followed by another one the next day. If both these tests results are negative, they should return to their school, as long as they feel well enough to do so and do not have a temperature.
- Local LFD collection points can be accessed here [Find where to get rapid lateral flow tests - NHS \(test-and-trace.nhs.uk\)](#).



There are still simple things we can all continue to do to reduce the risk of spreading the virus:

- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands as soon as you get home
- 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