



# Downton Church of England VA Primary School

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Thursday 6<sup>th</sup> January 2022

Dear Parents,

## Revised Covid guidelines

As you may have seen over the Christmas break and in recent days, there have been some changes in the covid guidances with regards to testing and isolation. We have today received updated information from Wiltshire Council to share with you in relation to these changes.

### Changes to PCR test requirements for people who receive a positive lateral flow test

The UK Health Security Agency has confirmed that from Tuesday, 11 January, people who receive a positive lateral flow test result and are symptom-free will no longer be required to take a follow up PCR test to begin their isolation period.

Under the new guidance, people who test positive on lateral flows will still need to isolate for at least seven days, and will need to register their positive lateral flow results, but will no longer take a PCR test.

People experiencing the three official COVID symptoms - a high temperature, new, continuous cough and a loss or change to your sense of smell or taste - will still need to get a PCR test irrespective of a negative lateral flow test.

More information can be found at [Confirmatory PCR tests to be temporarily suspended for positive lateral flow test results - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/confirmatory-pcr-tests-to-be-temporarily-suspended-for-positive-lateral-flow-test-results).

### Self-isolation guidance

The self-isolation advice for people with coronavirus (COVID-19) recently changed. It is now possible to end self-isolation after seven days, following two negative LFD tests taken 24 hours apart. The first LFD test should not be taken before the sixth day. This guidance also applies to children and young people who usually attend an education or childcare setting

In summary:

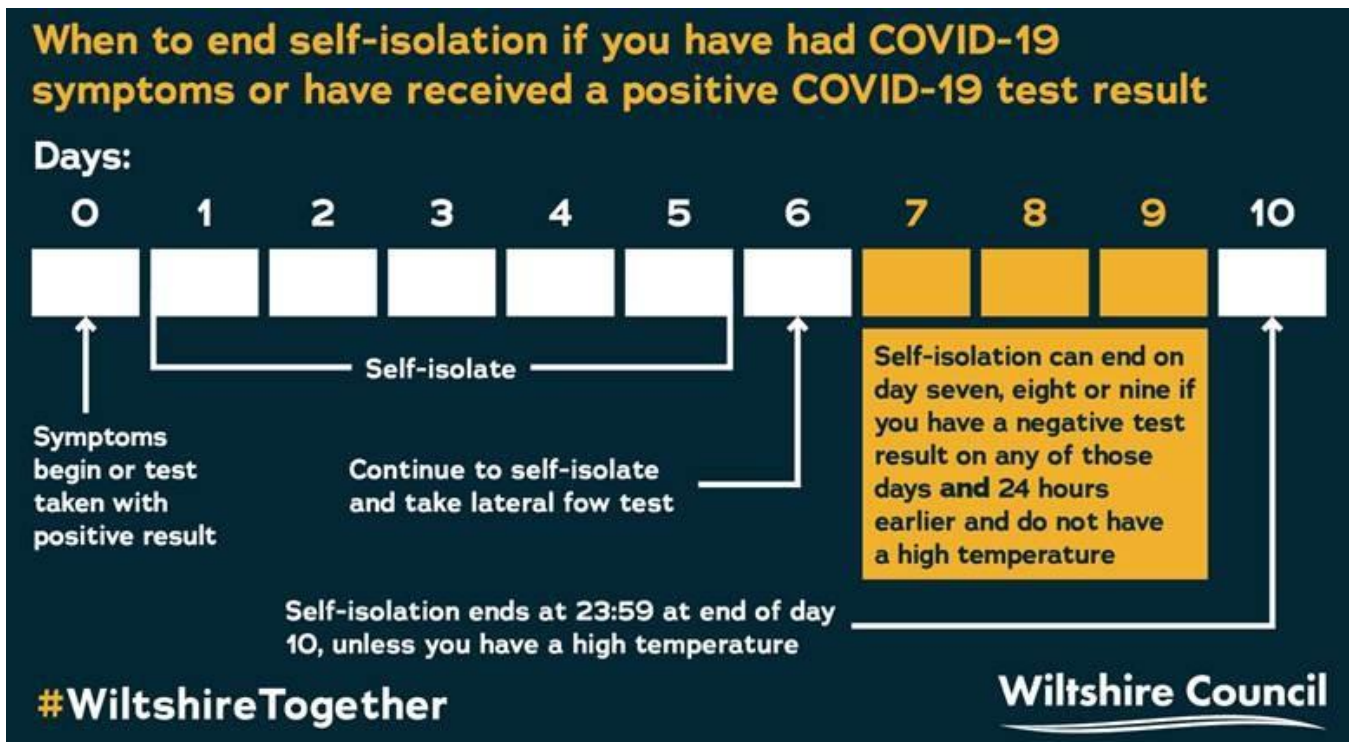
- You must self-isolate as soon as COVID-19 symptoms develop, or when you receive a positive test result if you do not have symptoms.
- Two negative lateral flow tests are required to end self-isolation: the first to be taken no earlier than day six, followed by a second test result 24 hours later. Please consider the time of day you take your day six test. If you are aiming to return to work or school on your day seven



(assuming two consecutive negative LFD results) you will need to take your day six test early in the morning as there needs to be a gap of at least 24 hours before taking the day seven test.

- If both of those tests are negative, and you do not have a high temperature, you can stop self-isolating immediately.
- If the day six test is positive, further tests can be taken on subsequent days but you must receive two negative tests, 24 hours apart, in order to end self-isolation.

The full advice can be found at <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>



If you have any further questions, please do contact us.

Best wishes

Paula Carlton

