



COVID-19 Guidance

COVID-19 has not gone away. We still have many measures in place in school to reduce the spread such as one way systems and cleaning desks at the end of lessons.

Please can you be aware that if your child has symptoms of COVID-19 they MUST take a PCR test. This is a different test to the lateral flow tests we send home for routine testing.

If someone in your household has tested positive children under 18 do not need to self-isolate, but they will need to take a PCR test (not lateral flow) and follow the advice from NHS track and trace.

Full details can be found on the Gov.uk website, the link is below.

[Coronavirus: how to stay safe and help prevent the spread - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/coronavirus-how-to-stay-safe-and-help-prevent-the-spread)

If you have symptoms or test positive

If you develop COVID-19 symptoms (<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>), self-isolate immediately and get a PCR test (<https://www.gov.uk/get-coronavirus-test>), even if your symptoms are mild. This is because many people experience mild symptoms from COVID-19, but may still pass on the virus to others.

The most important symptoms of COVID-19 are recent onset of any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell

You should self-isolate at home while you get a PCR test and wait for the results. You must self-isolate if you test positive.

You must self-isolate from the day your symptoms started and the next 10 full days, or from the day your test was taken if you do not have symptoms and the next 10 full days. This is the law, regardless of whether you have been vaccinated. Self-isolating is important because you could pass the infection on to others, even if you do not have symptoms. You must stay at home for the full amount of time you are told to, because this is the when the virus is most likely to be passed on to others.

Self-isolation exemptions

You're not required to self-isolate (<https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works#exemptions-from-self-isolation-for-contacts>) if you live in the same household as someone with COVID-19, or are a close contact of someone with COVID-19, and any of the following apply:

- you're fully vaccinated
- you're below the age of 18 years and 6 months
- you've taken part in or are currently part of an approved COVID-19 vaccine trial
- you're not able to get vaccinated for medical reasons

NHS Test and Trace will contact you (<https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>) to let you know that you have been identified as a contact and check whether you are legally required to self-isolate. If you're not legally required to self-isolate, you will be provided with advice on testing and given guidance on preventing the spread of COVID-19. Even if you do not have symptoms, you will be advised to get a PCR test as soon as possible.