

Covid rules on isolating

We are happy to report that the number of children who are absent from school with Covid has been steadily decreasing over the last few weeks.

As you will know, on 17th January new guidelines came out regarding revised isolation periods. The self-isolation period can now be as short as 5 days **if** you have 2 negative tests 24 hours apart; please use the example below:

If you test positive, you must isolate

- Day 0** Positive test or symptoms start (whichever happens first). This day isn't included when calculating your isolation period.
- Day 1** The first day of isolation begins the day after your symptoms started or that you tested positive – whichever happens first.
- Day 5** Take an LFD Test and continue to isolate. If the result is negative you can take another test 24 hours later, on Day 6. If it is positive, continue your isolation period.
- Day 6** Take an LFD Test. If the results of Day 5 and Day 6 are both negative, your isolation ends at the point of your second test. If the result is positive, continue your isolation period.



If you are a close contact of someone who tests positive

If you live with, or have been in close contact with someone who has tested positive in the past 48 hours, you do not have to isolate, as long as you are either:

1. Under 18
2. Have had all of your vaccinations
3. Are medically exempt from vaccinations or are part of a clinical trial

If close contacts do not meet one of the criteria above, then they must isolate for 10 days.

Close contacts who do not need to isolate should use LFD tests daily for 7 days.

If you are in any doubt about the rules, please go to

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