

Current Covid-19 Guidelines

- If anyone in your household develops the following symptoms of Covid-19 (including children over the age of 5), they must isolate immediately and take a Lateral Flow test:
- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature), or;
- a new, continuous cough – this means coughing a lot for more than an hour, or three or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual), or;
- anosmia - the loss or a change in your normal sense of smell (it can also affect your sense of taste)
- If your child presents with a sore head and/or sore throat, please also test them with a Lateral Flow test.
- At this point, all other members of the household can continue their daily routines as normal, but must remain vigilant to the onset of Covid-19 symptoms within themselves. If the person with symptoms returns a positive Lateral Flow test, all other members of the household should take a Lateral Flow test immediately and self-isolate for the short time it takes to get the result.
- If the person with symptoms receives a negative result from the Lateral Flow test, they can cease their self-isolation.
- If the person with symptoms receives a positive result from the Lateral Flow test, they must continue their self-isolation for a period of 10 full days. (The day that the symptoms started, or the day that the person received the positive result if there were no symptoms, is counted as Day 0).
- The person can end their self-isolation period early if they receive negative results from 2 lateral flow tests (taken at least 24 hours apart), starting from Day 6, and the person no longer has a high temperature. This means that if Day 6 and Day 7 lateral flow tests are negative, the person may end their period of self-isolation.
- If either Day 6 or Day 7 lateral flow tests come back positive, the person must continue to self-isolate until they get 2 consecutive negative results. Only when there are 2 consecutive negative results (taken at least 24 hours apart), can the person end their isolation period, providing they do not have a high temperature.
- If you still have a high temperature, you need to continue to self-isolate until your temperature has returned to normal for a period of 48 hours.

- **If your child is a close contact (i.e. someone in the household has tested positive, your child has travelled in a car with someone who has tested positive or been in close contact for more than 15 minutes with someone who has tested positive), they should isolate immediately and take a lateral flow test.**
- If the lateral flow test is negative, they can end their isolation and continue to come to school.
- If the test is positive, they should continue to self-isolate and follow the guidance above.
- Lateral flow tests should be taken daily, by anyone who has been identified as a close contact, for a period of 10 days.

Please note:

- 1) Only those who are vulnerable should book a PCR test, if they have symptoms.
- 2) Coughing and/or loss of taste or smell can continue for several weeks after the infection period is over. Children can return to school during this time, at the end of any isolation period, providing they have received the appropriate negative result and do not have a high temperature.
- 3) All visitors to the school should continue to wear a face covering and follow social distancing guidelines. This includes parents leaving their child to school in the morning or picking them up at hometime.