



4<sup>th</sup> January 2022

Dear Parents/Carers,

Wishing you all a happy and healthy New Year.



There have been some changes over the Christmas break in Covid-19 related self-isolation periods. Please see below for clarification on the latest guidelines along with information on schools expectations.

### **Changes to the self-isolation period for individuals who test positive for COVID-19**

Since Wednesday 22 December, the 10 day self-isolation period for people who record a positive PCR test result for COVID-19 has been reduced to 7 days in most circumstances.

Individuals may now take a Lateral flow test on day 6 and day 7 of their self-isolation period. Those who receive two negative test results are no longer required to complete 10 full days of self-isolation. The first test must be taken no earlier than day 6 of the self-isolation period and tests must be taken 24 hours apart. This also applies to children under 5, with LFD testing at parental or guardian discretion. If both these test results are negative, and you do not have a high temperature, you may end your self-isolation after the second negative test result and return to your education or childcare setting from day 7.

**It is also recommended that fully vaccinated adults and children between 5 years and 18 years and 6 months identified as a contact of someone with Covid 19 should take a Lateral Flow test every day for 7 days and continue to attend school as normal, unless they have a positive result.**

We have attached a flow chart and hope this helps with the new guidelines. If you have any questions or wish to discuss any of the above, please do not hesitate to contact the school office.

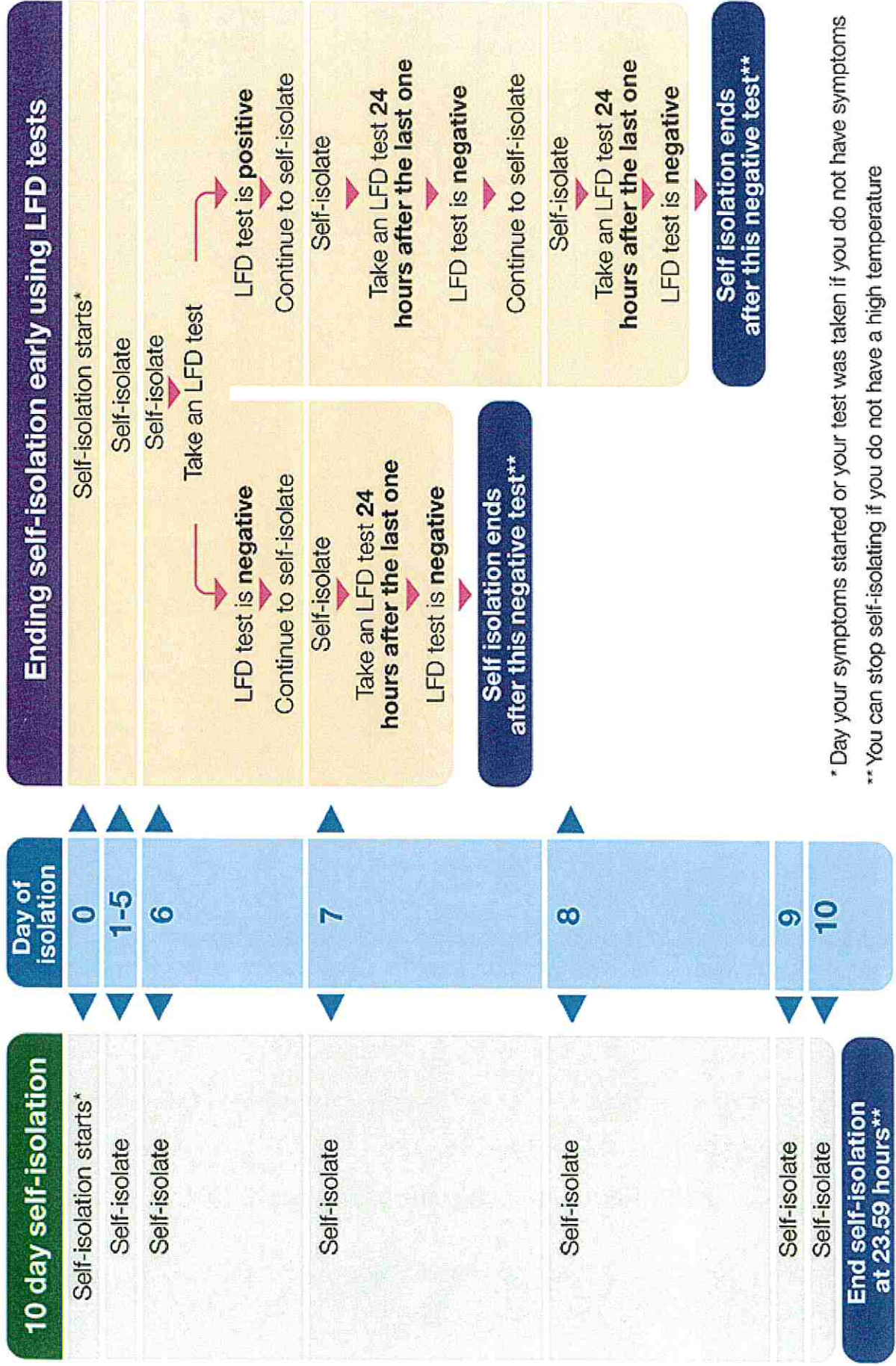
**We would also appreciate it, if you could do a lateral Flow test on your child prior to their return to school either tonight or tomorrow morning. We would also appreciate it, if you could send a copy of this test to [adminoffice@grange.hants.sch.uk](mailto:adminoffice@grange.hants.sch.uk).**

We look forward to welcoming the children back in school tomorrow.

Yours sincerely,

Paola Burgess  
Head Teacher

**Examples of when to end self-isolation if you have had COVID-19 symptoms or have received a positive COVID-19 test result**



\* Day your symptoms started or your test was taken if you do not have symptoms

\*\* You can stop self-isolating if you do not have a high temperature