

DOTHILL PRIMARY SCHOOL

Severn Drive, Wellington, Telford, Shropshire, TF1 3JB
Telephone 01952 386870



Head Teacher: Becca Butler

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Dear Parents/Carers

There have been a number of updates to rules and requirements regarding Covid over the holidays so I wanted to clarify our understanding of this so that we all know what is expected at school. The following is government information on self-isolation:

If you have a positive test result you must complete a period of self-isolation. Your isolation period starts immediately from when your symptoms started, or, if you do not have any symptoms, from when your positive LFD or PCR test was taken, whichever test was taken first. Your isolation period includes the day your symptoms started (or the day your test was taken if you do not have symptoms), and the next 10 full days. This means that the day of the test or the day your symptoms started is day 0. You start counting isolation days from the next day.

You can now take an LFD test on day 6 and 7 and if both are negative then isolation can end at 23.59 on day 7, however there is advice to be followed in these circumstances. To further reduce the chance of passing COVID-19 on to others, if you end your self-isolation period before 10 full days you are strongly advised:

- to limit close contact with other people outside your household, especially in crowded, enclosed or poorly ventilated spaces
- to work from home if you are able to
- in addition to venues where it is a legal requirement, to wear a face covering in crowded, enclosed or poorly ventilated spaces and where you are in close contact with other people
- to limit contact with anyone who is at higher risk of severe illness if infected with COVID-19
- to follow the guidance on how to stay safe and help prevent the spread

I have included a useful flowchart at the end of the letter to help to ensure that you are following the procedure.

The other advice that has been updated is regarding primary aged children taking daily LFD tests. Anyone aged **5 years and over** who has been identified as a contact of someone with Covid-19 and who is not legally required to self-isolate is now strongly advised to take a rapid lateral flow device (LFD) test every day for 7 days or until 10 days since their last contact with the person who tested positive for Covid-19 if this is earlier. LFD tests are very good at



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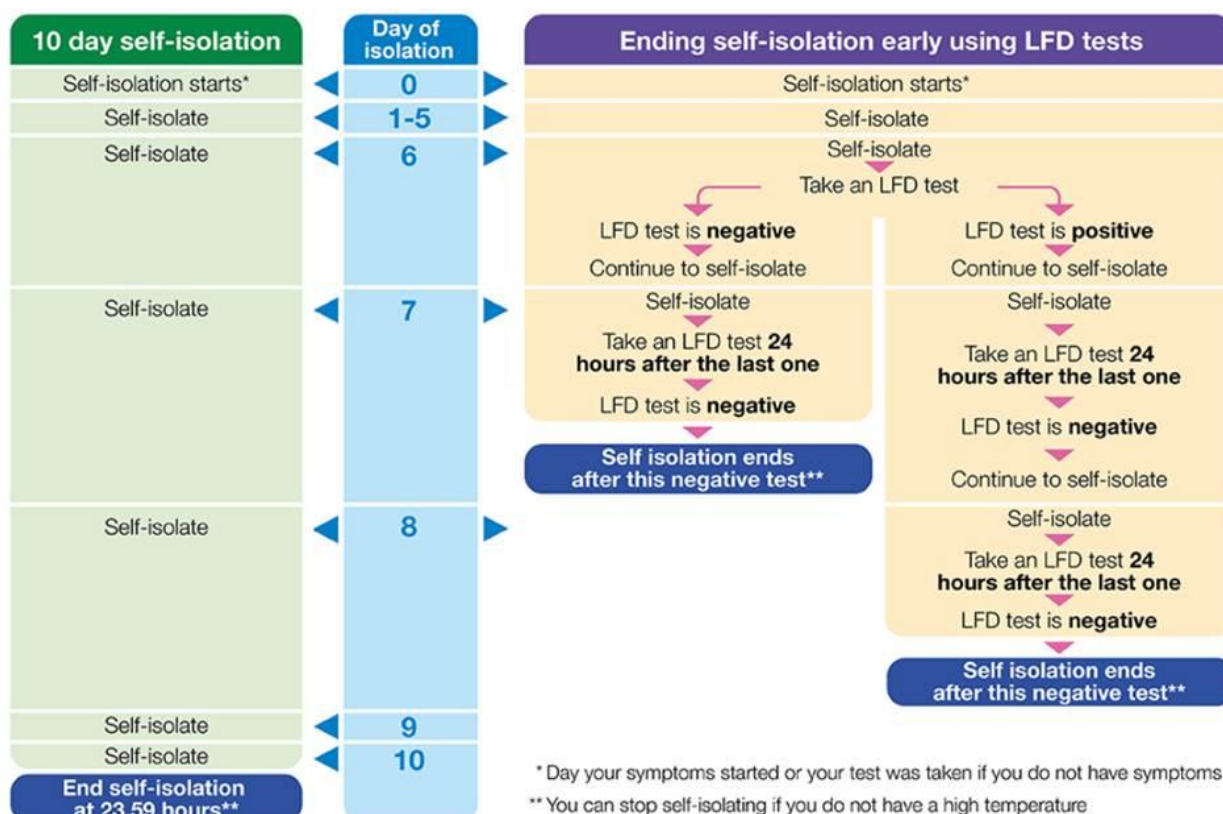
identifying people who have high levels of coronavirus and are most likely to pass on infection to others, even if they do not have symptoms. If any of these test results are positive, they should self-isolate immediately. If they develop any of the following symptoms: a new continuous cough, a high temperature, or a loss of, or change in, their normal sense of taste or smell (anosmia), they should self-isolate and arrange to have a PCR test even if their symptoms are mild.

If you have any questions we will do our best to support.

Best wishes

Becca Butler

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



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