



Worthington Primary School

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"We Only Reach for The Highest"

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Dear Parents and Carers

With things changing so rapidly regarding Covid-19 governmental advice, I thought it might be helpful to put down in one letter what the current situation is if there is a positive case in your household or if you or your child is a close contact.

All children aged 5 to 18 years and 6 months, regardless of their vaccination status

In line with recent national guidance, if children are identified as a contact of someone with COVID-19 – whether Omicron or not – **children should take an NHS rapid lateral flow test every day for 7 days to help slow the spread of COVID-19.** If the lateral flow is negative, they can continue to attend school.

Fully vaccinated adults – people who have had 2 jabs

In line with recent national guidance, if fully vaccinated adults are identified as a contact of someone with COVID-19 – whether Omicron or not – fully vaccinated adults should take an NHS rapid lateral flow test every day for 7 days to help slow the spread of COVID-19.

Under 5s

Under 5s are exempt from self-isolation as a contact and do not need to take part in daily rapid lateral flow testing.

Unvaccinated adults

Unvaccinated adults are not eligible for this new daily testing policy, they **must** self-isolate for 10 days if they are a contact of someone who tests positive for COVID-19 – Omicron or not.

What if one of my lateral flow tests is positive?

If you have a positive LFD test, you should self-isolate and book a confirmatory PCR test within 2 days. If the PCR test result is positive, your child **must** isolate for 10 days and you should notify the school at the earliest opportunity.

Ordering tests

LFD tests – you can get a box of 7 lateral flow tests free of charge from NHS Test and Trace either through pharmacies, home delivery by ordering online or contacting 119.

PCR Tests - can be booked via https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested_or_by_calling_119.

What should I do if my child develops symptoms of Covid-19?

If your child develops symptoms of Covid-19, they must isolate immediately and you should arrange a PCR test for your child via <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested> or by calling 119.

If the PCR test result is positive, your child **must** self-isolate for a period of 10 days from the day that their symptoms started. Please inform us if your child has a positive test result.

If your child's test result is negative, they can continue with their normal activities if they are well enough to do so.

Please visit the link to Public Health England's guidance for households with possible Covid-19 infections: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

What are the Symptoms of Covid-19?

For many people, coronavirus (Covid-19) will be a mild illness. The most common symptoms of coronavirus (Covid-19) are recent onset of:

- new continuous cough and/or;
- high temperature and/or;
- a loss of, or change in, normal sense of taste or smell (anosmia).

However, people frequently present with a wider range of symptoms. Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>.

How can you stop Covid-19 spreading?

There are lots of simple things you can do in your everyday life to help reduce the risk of you and anyone you live with getting Covid-19 or spreading it:

- Wash your hands regularly with soap and water for at least 20 seconds;
- Use hand sanitiser gel if soap and water are not available;
- Wash your hands as soon as you get home;
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze;
- Allow ventilation into your house or workplace by opening windows and doors;
- Try to meet people outdoors if possible;
- Put used tissues in the bin immediately after using them and then wash your hands;
- Take regular Lateral Flow Device (LFD) tests at least twice a week. These can be ordered for home delivery from <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

Many thanks for your ongoing support in keeping our staff, pupils, families, and community safe.

Yours



Mr. C. Searle