

Highfield Primary School



Highfield Road

Winchmore Hill

London N21 3HE

Tel: 020 8360 2149

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Headteacher - *David Wilson B.A. (Hons) NPQH*

Deputy Headteachers –

Stephanie Morton B.A. (Hons)

Louise Calder B.A. (Hons)

“Together we can achieve more”

4th January 2022

Important changes regarding self-isolation after a positive test and testing as a result of being a close contact

Information on the 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, **unless you cannot test for any reason.**

Individuals may now take LFD tests 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 setting from day 8.

Daily testing for close contacts of COVID-19

People who are fully vaccinated, or children and young people aged between 5 and 18 years and 6 months, identified as a close contact of someone with COVID-19, should take an LFD test every day for seven days and continue to attend their setting as normal, unless they have a positive test result or develop symptoms at any time.

Children under 5 are not being advised to take part in daily testing of close contacts. If a child under 5 is a contact of a confirmed case, they are not required to self-isolate and should not start daily testing. If they live in the same

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household as someone with COVID-19 they should limit their contact with anyone who is at higher risk of severe illness if infected with COVID-19, and arrange to take a PCR test as soon as possible. They can continue to attend an education or childcare setting while waiting for the PCR result. If the test is positive, they should follow the [stay at home: guidance for households with possible or confirmed COVID-19 infection](#).

The recognised symptoms for covid remain the same. If your child has any of the following symptoms they should not attend school and only return once they have had a negative PCR result or they have isolated for 10 days:

- a high temperature
- a new, continuous cough – this means coughing a lot, for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to sense of smell or taste – this means they cannot smell or taste anything, or things smell or taste different to normal

If you have any queries or need clarification regarding the above please contact the school (preferably via email)

Yours Sincerely

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