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Dear parents

Changes to COVID advice

As you will be aware the legal requirement to self-isolate following a positive covid test has been removed.

[The government advice for most people can be found here but in short, they recommend the following:](#)

If you have any of the main symptoms of COVID-19 [you should order a PCR test](#). You are advised to stay at home and avoid contact with other people while you are waiting for the test result.

The main symptoms of COVID-19 are:

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

Other symptoms of COVID -19 can include shortness of breath, fatigue, loss of appetite, muscle ache, sore throat, headache, stuffy or runny nose, diarrhoea, nausea and vomiting. Any of these symptoms may also have another cause.

Children and young people with COVID-19 should not attend their education setting while they are infectious. They should take an LFD test from 5 days after their symptoms started (or the day their test was taken if they did not have symptoms) followed by another one the next day. If both these tests results are negative, they should return to school, as long as they feel well enough to do so and do not have a temperature.

Asymptomatic testing using lateral flow device test kits.

Staff and pupils in mainstream secondary schools will not be expected to continue taking part in regular asymptomatic testing. The school will no longer receive test kits for general distribution. Advice about obtaining [free lateral flow test kits can be found here](#).

For more information about COVID-19 please refer to the [NHS website page](#).

Yours sincerely

E Rodriguez
Headteacher