



Monday 17th January, 2022

Changes to the self-isolation period for those who test positive for COVID-19

Dear Parents / Guardians,

You will likely be aware of the changes to self-isolation period for those that test positive for CV-19. Guidance is as follows:

From Monday 17 January, people who are self-isolating with COVID-19 will have the option to reduce their isolation period after 5 full days if they test negative with a lateral flow device (LFD) test on both day 5 and day 6 and they do not have a temperature. For example, if they test negative on the morning of day 5 and the morning of day 6, they can return to their education or childcare setting immediately on day 6.

The first test must be taken no earlier than day 5 of the self-isolation period, and the second must be taken the following day. All test results should be [reported to NHS Test and Trace](#).

If the result of either of their tests is positive, they should continue to self-isolate until they get negative results from two LFD tests on consecutive days or until they have completed 10 full days of self-isolation, whichever is earliest.

Anyone who is unable to take LFD tests or anyone who continues to have a temperature will need to complete the full 10 day period of self-isolation.

Further [information on self-isolation for those with COVID-19](#) is available.

I have also attached a flowchart that you may find useful when considering what these guidelines mean for your child.

As always if you have any questions please do not hesitate to contact us.

St Bernadette	St Catherine Laboure	St John Fisher	St Therese	Sixth Form
s_stbqueries@stthomasmore.org.uk	s_stclqueries@stthomasmore.org.uk	s_stjfqueries@stthomasmore.org.uk	s_sttqueries@stthomasmore.org.uk	s_6frmqueries@stthomasmore.org.uk

Yours sincerely

Mr J Parkinson
Headteacher



Changes to Isolation Periods

The isolation period is still 10 days but can be reduced to 5 full days (as long as your child is well enough and without a temperature) and receives 2 consecutive negative LFD results which were taken 24 hours apart.

The earliest they should take the first LFD test is on day 5.

Any positive test after a first negative test would mean that the first negative is null and void. This would reset the isolation period and your child would still require 2 consecutive negative tests from this point forward. You must register results with the NHS Website [here](#) and you must e-mail both those results to school. You can order a pack of LFD tests [here](#).

TO RETURN ON THE DAY OF A SECOND NEGATIVE TEST, BOTH TESTS WOULD NEED TO BE TAKEN BEFORE 9AM.

Anyone who tests positive must isolate for a full 5 days.

Scenario 1 A negative test on Day 5 and then Day 6. Isolation ends on Day 6 once the 2nd LFD test is negative.

Day Zero	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
					Negative LFD	Negative LFD				

Day Zero is the day symptoms started or the day the test was taken if asymptomatic. Day 1 of isolation is the day after Day Zero.

Anyone who tests positive must isolate for a full 5 days.

Scenario 2 A negative test on Day 6 and then Day 7. Isolation ends on Day 7 once the 2nd LFD test is negative.

Day Zero	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
					Positive LFD	Negative LFD	Negative LFD			

Day Zero is the day symptoms started or the day the test was taken if asymptomatic. Day 1 of isolation is the day after Day Zero.

Anyone who tests positive must isolate for a full 5 days.

Scenario 3 A negative test on Day 7 and then Day 8. Isolation ends on Day 8 once the 2nd LFD test is negative.

Day Zero	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
					Positive LFD	Positive LFD	Negative LFD	Negative LFD		

Day Zero is the day symptoms started or the day the test was taken if asymptomatic. Day 1 of isolation is the day after Day Zero.

Anyone who tests positive must isolate for a full 5 days.

Scenario 4 A negative test on Day 8 and then Day 9. Isolation ends on Day 9 once the 2nd LFD test is negative.

Day Zero	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
					Positive LFD	Positive LFD	Positive LFD	Negative LFD	Negative LFD	

Day Zero is the day symptoms started or the day the test was taken if asymptomatic. Day 1 of isolation is the day after Day Zero.

Anyone who tests positive must isolate for a full 5 days.

Scenario 5 A negative test on Day 9 and then Day 10. Isolation ends on Day 10 once the 2nd LFD test is negative.

Day Zero	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
					Positive LFD	Positive LFD	Positive LFD	Positive LFD	Negative LFD	Negative LFD

Day Zero is the day symptoms started or the day the test was taken if asymptomatic. Day 1 of isolation is the day after Day Zero.

Anyone who tests positive must isolate for a full 5 days.

Scenario 6 Isolation will end at 11:59pm on day 10 so no need to test as child can return on Day 11.

Day Zero	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
					Positive LFD	Positive LFD	Positive LFD	Positive LFD	Positive LFD	

Day Zero is the day symptoms started or the day the test was taken if asymptomatic. Day 1 of isolation is the day after Day Zero.

In any scenario, the isolation period can only end if your child no longer has a high temperature. This applies even if they have tested negative twice. If children still have a high temperature after Day 10, they should stay off school and seek medical advice such as contacting your GP or phoning 111.