



# Bratton Primary School

**Engagement - Resilience - Integrity**

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Hello Everyone

I'm sure you will appreciate the ever-changing picture of advice and changes in regulations stipulated by government. So I am trying to send communications as and when these changes happen.

NEW Changes to PCR test requirements for people who receive a positive lateral flow test

The UK Health Security Agency has confirmed that from Tuesday, 11 January, people who receive a positive lateral flow test result and are symptom-free will no longer be required to take a follow up PCR test to begin their isolation period.

Under the new guidance, people who test positive on lateral flows will still need to isolate for at least seven days, and will need to register their positive lateral flow results, but will no longer take a PCR test.

People experiencing the three official COVID symptoms - a high temperature, new, continuous cough and a loss or change to your sense of smell or taste - will still need to get a PCR test.

At the moment, people without symptoms who test positive on a lateral flow test are asked to order a PCR test and to only begin their isolation period when they get the second result. This effectively requires them to isolate for longer than seven days, especially if there are delays in getting the PCR result. These new temporary changes are being brought in while case rates are so high.

More information can be found at Confirmatory PCR tests to be temporarily suspended for positive lateral flow test results - GOV.UK ([www.gov.uk](http://www.gov.uk)).

## **Self-isolation guidance**

The self-isolation advice for people with coronavirus (COVID-19) recently changed. It is now possible to end self-isolation after seven days, following two negative LFD tests taken 24 hours apart. The first LFD test should not be taken before the sixth day. This guidance also applies to children and young people who usually attend an education or childcare setting

**In summary:**

You must self-isolate as soon as COVID-19 symptoms develop, or when you receive a positive test result if you do not have symptoms.

Two negative lateral flow tests are required to end self-isolation: the first to be taken no earlier than day six, followed by a second test result 24 hours later. Please consider the time of day you take your day six test. If you are aiming to return to work or school on your day seven (assuming two consecutive negative LFD results) you will need to take your day six test early in the morning as there needs to be a gap of at least 24 hours before taking the day seven test.

If both of those tests are negative, and you do not have a high temperature, you can stop self-isolating immediately.

If the day six test is positive, further tests can be taken on subsequent days but you must receive two negative tests, 24 hours apart, in order to end self-isolation.

If ending self-isolation after day six due to negative lateral flow test results on consecutive days then please limit contact with others wherever possible until after the formal 10-day isolation period would have finished.

The full advice can be found at <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

Kind regards

Mrs Newbury