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January 17<sup>th</sup>, 2022

Dear Parents/Carers

(This letter contains updates to the self-isolation guidance as of January 17<sup>th</sup> – in all other respects it is the same as that distributed on January 11<sup>th</sup>).

With some changes in national guidance today it seemed an appropriate time to summarise the current advice, which is as below.

### **What to do if your child develops symptoms of COVID-19**

The main symptoms of COVID-19 are still the recent onset of:

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

If your child develops any of these symptoms, then arrangements should be made for them to **take a PCR test as soon as possible**. Your child should remain at home while awaiting the PCR test result.

Please note that we are also sending children home if we believe they have a symptom requiring a PCR test.

Testing can be arranged by calling 119 or via the NHS website: [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)

**Please keep us informed of the result of the PCR test.**

### **Daily Testing of Household Contacts of a Positive Case (e.g. siblings)**

The Director of Public Health has recommended that **if one individual in a household tests positive, any children and young people in that household aged five and above should:**

- **Take a daily LFD test for seven consecutive days** from the date the household contact first developed symptoms or tested positive (whichever is the sooner).
- Report these results via <https://www.gov.uk/report-covid19-result>.
- Continue to attend school provided that their test results are negative.
- **Self-isolate for 10 full days** from the day after the test **if any of their test results are positive** (or 5 full days if they test negative with an LFD device on days 5 and 6 – for more detail see section below *Changes to self-isolation period*)

Please note: LFD tests are only suitable for children aged five and above.

### **Changes to self-isolation period**

*(reduction to 5 full days dependent on day 5/6 tests)*

Self-isolation is still for 10 full days after the day of a positive test or onset of symptoms (this is day zero). However, **children can take LFD tests on day 5 and day 6 (taken 24 hours apart) - if both are negative, and completed before school, the child may end their self-isolation on day 6 and return to school that day.** Please report these results via <https://www.gov.uk/report-covid19-result> and send the school a screenshot of both confirmations.



If either of the day 5/6 tests are positive, the child may continue to take daily LFD tests (24 hours apart) until they have two negative tests on consecutive days (e.g. day 8 and 9) – they may then return to school on the day of the second test. Again, please send us the confirmations.

For any families living in Wales, the guidance regarding taking Lateral Flow tests on day 6 and 7 still applies, but they will not be able to leave isolation until day 8, as per the current Welsh guidelines.

### **Confirmatory PCR test changes**

From January 11<sup>th</sup>, in England, **anyone who tests positive for Covid-19 on a LFD test needs to self-isolate immediately and does not need to access a PCR test.**

Note that PCR tests are still needed for anyone who develops one of the three main symptoms, and they should self-isolate while awaiting results.

This is only a temporary measure and you will be informed if the guidance changes, and confirmatory PCR tests are again recommended.

### **Re-testing within a 90 Day Period**

Children are now encouraged to take part in regular asymptomatic testing with LFD tests **even if they have previously tested positive in the last 90 days.**

If anyone is re-tested within 90 days of a previous positive PCR test, and the result of the test is positive, the person must self-isolate again. The guidance can be found at this link: [Stay at home: guidance for households with possible or confirmed coronavirus \(COVID-19\) infection - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/stay-at-home-guidance-for-households-with-possible-or-confirmed-coronavirus-covid-19-infection)

### **What to do if your child is a close contact of someone who has COVID-19**

We ask all parents/carers of children in school to undertake daily LFD tests for their children if the child is a close contact of someone who has COVID-19.

### **What to do if your child is generally unwell**

If your child is unwell with general symptoms such as a sore throat, runny nose, and/or headache/muscle aches, they should not attend school to avoid spreading infection within the school setting. We may send children home if we believe they present a risk of infection to other pupils.

### **School Specific Guidance**

1. Please wear a face covering if entering the foyer to speak to office staff (one family at a time).
2. Please keep your distance from teaching staff if passing on a brief message at drop-off/pick-up (anything that requires longer than a few moments to communicate should be passed on via telephone or class email).
3. If attending a meeting at school, please confirm your freedom from infection via an LFD test before attending, and wear a face covering when doing so.
4. No-one who has tested positive for Covid-19 should be on the school site – this includes dropping children off by vehicle.

We will keep you updated as guidance evolves.

Yours sincerely,



Duncan Rose  
Headteacher