



Dear Parents, Carers and Guardians,

### **Daily testing for contacts of COVID-19**

From Tuesday 14 December, a new national approach to daily testing for contacts of COVID-19 is being introduced (including until the end of this term). All adults who are fully vaccinated and children aged 5 to 18 years and 6 months, identified as a contact of someone with COVID-19 – whether Omicron or not – should take a lateral flow device (LFD) test every day for 7 days instead of self-isolating. Daily testing by close contacts will help to slow the spread of COVID-19.

Daily testing for contacts of COVID-19 will help protect education settings by reducing transmission and will also help keep pupils in face-to-face education.

Once notified by NHS Test and Trace as a close contact, all eligible staff and children should take an LFD each day for 7 days and report the results through the Online Reporting System and to their school.

If they test negative, they can continue to attend their education setting. This approach should also be adopted over the winter break and on return in January.

If they test positive, they should self-isolate and order a PCR test to confirm the result. If the PCR is positive, they must self-isolate for 10 days. If the PCR test is negative, they no longer need to self-isolate but should continue to carry out the remainder of the daily tests, and only need to isolate if it is positive.

All staff and secondary aged pupils and students should have access to a box of 7 LFD tests from their education setting. For primary aged children LFD test kits are available through the usual routes (community test sites, local pharmacies or online).

Children under five years old do not need to take part in daily testing for contacts of COVID19 and do not need to isolate.

Anyone over the age of 18 years and 6 months **who is not vaccinated**, must isolate in line with government guidelines if they are a close contact of a positive case.

For students with SEND who struggle to or are unable to self-swab daily for 7 days, settings should work with students and their families to agree an appropriate testing route, such as assisted swabbing.

If you think your child is a close contact but has not been contacted directly by NHS Test and Trace [please follow the guidance by clicking here](#)

### **What to do if your child develops symptoms of coronavirus (COVID-19) or tests positive for COVID-19**

If your child develops symptoms of coronavirus (COVID-19), they should get a PCR test and remain at home at least until the result is known. If negative, the child can end self-isolation; if positive, the child should isolate until at least 10 days after their symptoms appeared. Symptoms of coronavirus (COVID-19) are a new, continuous cough, or a high temperature, or a loss of, or change in, their normal sense of taste or smell (anosmia). If the child has a positive test result but does not have symptoms, they should stay at home and self-isolate for 10 days from the date the positive test was taken. This isolation period will be extended if they go on to develop symptoms by counting 10 full



days from the day following their symptom onset. Anyone with symptoms will be eligible for a PCR test (the normally available test type) and this can be arranged [by clicking here](#) or by calling 119.

If you develop symptoms at any time, even if these are mild, self-isolate immediately, arrange to have a COVID-19 PCR test and follow the guidance for people with COVID-19 symptoms. For most people, coronavirus (COVID-19) will be a mild illness. If your child does develop symptoms, you can seek advice from the nhs.uk website [by clicking here](#). If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111.

### **How to stop coronavirus (COVID-19) spreading**

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus (COVID-19):

- Get vaccinated – everyone aged 18 and over can book COVID-19 vaccination appointments now and 16-17-year olds are being offered 1 dose of the vaccination
- Wash your hands with soap and water or use hand sanitiser regularly throughout the day
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin immediately and wash your hands afterwards
- Meet people outside and avoid crowded areas
- Open doors and windows to let in fresh air if meeting people inside
- Wear a face covering if aged 11 and over when it's hard to stay away from other people – particularly indoors or in crowded places
- Participate in twice weekly LFT testing following national guidelines (recommended for 11 years and over). We encourage you to log your results [by clicking here](#)

Further information is available [by clicking here](#).

Kind Regards

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