

14th December 2021

Dear Parents and Carers,

COVID-19 Update

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, pupils and students should take an LFD each day for 7 days and report the results through the [Online Reporting System](#) and to their setting. If they test negative, they can continue to attend their education setting. Outside of the education setting, they should continue to follow the advice set out in the [Sunday 12 December press release](#). 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.

Children under five years old do not need to take part in daily testing for contacts of COVID-19 and do not need to isolate.

You can order and collect lateral flow test kits from a local pharmacy:

<https://test-for-coronavirus.service.gov.uk/collect-lateral-flow-kits>

If you have COVID-19 symptoms or have received a positive COVID-19 test result

If you develop symptoms of COVID-19, stay at home and self-isolate **immediately**. If you have a positive test result but do not have [symptoms](#), stay at home and self-isolate as soon as you receive the results. Other people in your household might need to isolate too, depending on their vaccination status.

[Arrange to have a PCR test online](#) or by phone by calling 119 if you have not already had one. Stay at home while you are waiting for a home test kit, a test site appointment or a test result. You can leave your home in a few specific circumstances, but do not go to work, school, or public areas and do not use public transport or taxis.

If you are isolating because of a positive test result but did not have any symptoms, and you develop COVID-19 symptoms within your isolation period, start a new 10 day isolation period by counting 10 full days from the day following your symptom onset.

If you develop COVID-19 symptoms at any point after ending your first period of isolation you and your household should follow the steps, starting with isolation and arranging a PCR.

We hope the graphic attached is helpful.

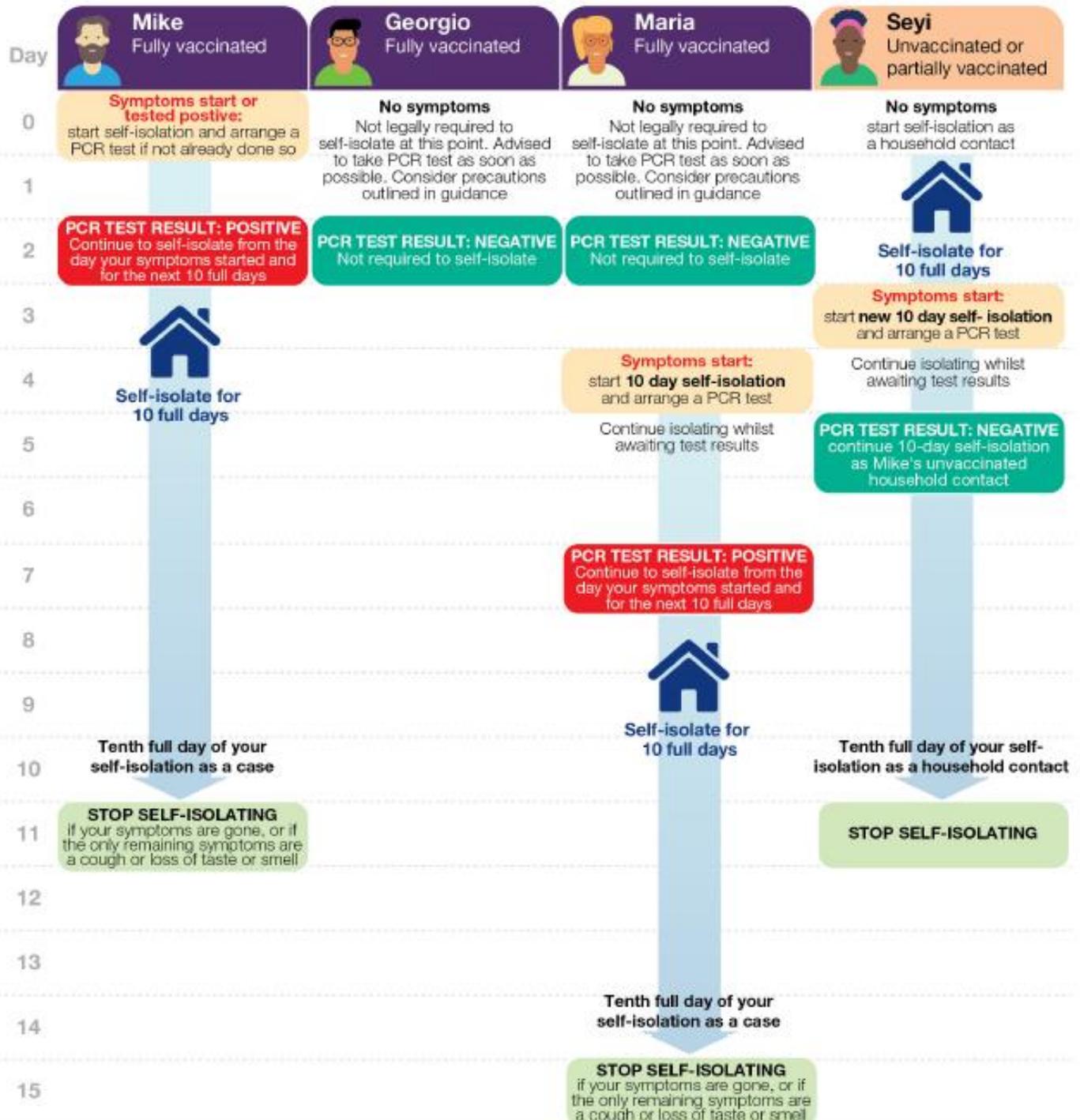


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Stay at home and self-isolate.

Please see [detailed guidance online](#).

In this household, Mike lives with Georgio, Maria and Seyi. Mike is the first case of COVID-19 in this household and is required to self-isolate. This illustration provides examples of when other household members would, or would not need to self-isolate.



Self-isolate for 10 full days.

You need to self-isolate from the day the first person in your household started symptoms and for the next 10 full days. If they did not have symptoms, self-isolate from the day of their test and for the next 10 full days.

To self-isolate means:

Do not go to work, school, or public areas and do not use public transport or taxis. Only leave your home to get to your test if you need to, observe strict social distancing advice and return immediately afterwards.

See [detailed guidance online](#) for contacts that are not required to self-isolate.

Full advice from the government 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>

Once again, I thank you for your continued support and please do not hesitate to contact me.

Kind regards,



Daniel Upfield
Principal

STAY WELL THIS WINTER

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hammersmith & fulham

Protect yourself and others with Covid and flu jabs



Protect others with a regular Covid test



Visit the H&F website for more information [↗](#)

Link: [Hammersmith and Fulham Covid-19 Homepage](#)