



Dear Parents/Carers,

Thank you all for your support in remaining vigilant during the current rise in COVID-19 cases. In the midst of changing guidance and information, I wanted to clarify some key messages.

## Government advice about symptoms to look out for has not changed.

The three main symptoms to look out for remain:

- A new, continuous cough
- A fever
- A loss or change in taste or smell

If you or a member of your household is exhibiting one of these symptoms, they should arrange to take a **PCR test** (See below). **All members of the household** should **self-isolate** until the result of this test is returned. Please inform us at school as soon as possible if you are isolating. We are here to help in any way that we can.

People testing positive for the Delta variant are commonly exhibiting other symptoms including a runny nose, headaches and a sore throat. Although these are not currently included in government guidance above, please do exercise caution and seek medical advice if you are concerned about any of these symptoms.

## The two different types of test perform different functions.

- **PCR tests** must be taken by any individual exhibiting one of the three main symptoms listed above. These can be obtained here: <https://self-referral.test-for-coronavirus.service.gov.uk/antigen/essential-worker>. We also have a stock of these tests in school – please ask and we can drop one off for you.
- **Lateral Flow tests** are effective at picking up a strong proportion of asymptomatic cases. All parents and guardians are encouraged to take these twice weekly. They can be ordered here: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>.
- **In the event of a possible COVID symptom, a PCR test should be used – please do not use a Lateral Flow test for this purpose.**

## Self-Isolation guidance applies to all household members

- If an individual is awaiting a PCR test result due to exhibiting one of the main symptoms, all members of the household should isolate at home. Please contact school as soon as possible.
- If a member of the household receives a positive COVID result, all members of the household should isolate according to the NHS advice here: <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-long-to-self-isolate/>
- This advice applies to all, whether fully vaccinated or otherwise.
- We understand that self-isolating is far from easy and are here to help in any way we can.

Thank you all for your support in keeping our community safe and our school open.

Best wishes,

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