



Tarleton Holy Trinity Church of England (Aided) Primary School

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Value...Dream...Achieve...

6th September 2022

Dear Parents / Carers,

As we have a few positive cases of COVID in school (already) I have been trawling the latest COVID 19 guidance and this is the update...it HAS changed.

There is no legal requirement to test for COVID – however, if you do and the test is ‘positive’ - When you register a positive test you get sent to this guidance...

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

What to do if you've tested positive for COVID-19

Adults - If you have COVID-19, you can pass on the virus to other people for up to 10 days from when your infection starts. Many people will no longer be infectious to others after 5 days.

You should:

- try to stay at home and avoid contact with other people for 5 days
- avoiding meeting [people at higher risk from COVID-19](#) for 10 days, especially if their immune system means they're at higher risk of serious illness from COVID-19, even if they've had a COVID-19 vaccine

This starts from the day after you did the test.

If a child or young person aged 18 or under tests positive for COVID-19, they should try to stay at home and avoid contact with other people for 3 days. This starts from the day after they did the test. Children and young people tend to be infectious to others for less time than adults. If they're well and do not have a temperature after 3 days, there's a much lower risk that they'll pass on COVID-19 to others.

If you are feeling unwell and do not test positive or test negative for COVID-19

If you do not feel well enough to go to work and do your normal activities, you should:

- try to stay at home and avoid contact with other people
- avoid meeting [people at higher risk from COVID-19](#), especially if their immune system means they're at higher risk of serious illness from COVID-19, even if they've had a COVID-19 vaccine

You can go back to your normal activities if you:

- feel well enough to do so
- do not have a high temperature

You can find [separate guidance for children and young people aged 18 or under on GOV.UK](#).

In a 'nutshell' - there is no 'legal' requirement... and I have been told that some people have stayed off for a shorter periods of time if they feel well... but above is the guidance

If you follow this guidance – 3 days isolation for children and 5 days for adults - but no re-testing required.

I hope this makes sense!!

Yours sincerely,

Stephen B Smith
Headteacher

