



Head Teacher – Will Wawn  
 Bounds Green Road  
 London  
 N11 2QG  
 Tel: (020) 8888-8824  
 Fax: (020) 8365-7986  
 www.boundsgreenschool.co.uk

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Dear Parent/Carer,

**Changes to the self-isolation period for those who test positive for COVID-19**

From Monday 17th January, people who are self-isolating with COVID-19 will have the option to reduce their isolation period after 5 full days if they test negative with a lateral flow device (LFD) test on both day 5 and day 6 and they do not have a temperature. For example, if they test negative on the morning of day 5 and the morning of day 6, they can return to their education or childcare setting immediately on day 6.

The first test must be taken no earlier than day 5 of the self-isolation period, and the second must be taken the following day, at least 24 hours apart. All test results should be [reported to NHS Test and Trace](#).

If the result of either of their tests is positive, they should continue to self-isolate until they get negative results from two LFD tests on consecutive days or until they have completed 10 full days of self-isolation, whichever is earliest.

Anyone who is unable to take LFD tests or anyone who continues to have a temperature will need to complete the full 10 day period of self-isolation.

Further [information on self-isolation for those with COVID-19](#) is available.

Ending self-isolation early using LFD tests	
Day 0: Self-isolation starts*	
Days 1-4: Self-isolate	
Day 5: Take LFD test ↓ LFD test taken in the morning is <b>NEGATIVE</b> ↓ Continue to self-isolate	Day 5: Take LFD test ↓ LFD test taken in the morning is <b>POSITIVE</b> ↓ Continue to self-isolate
Day 6: Take an LFD test <u>24 hours after the last one</u> ↓ LFD test is <b>NEGATIVE</b> ↓ Child can return to school immediately**	Day 6: Take an LFD test every 24 hours until you get two <b>NEGATIVE</b> results. Otherwise complete the full 10 days of self-isolation**

\*Day your symptoms started or your test was taken if you do not have symptoms.

\*\*You can stop self-isolating if you do not have a high temperature

