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Dear Parent/Carer,

Please find attached some useful information relating to when someone needs to get a PCR test and when they can return after a negative LFD test for use in your newsletters.

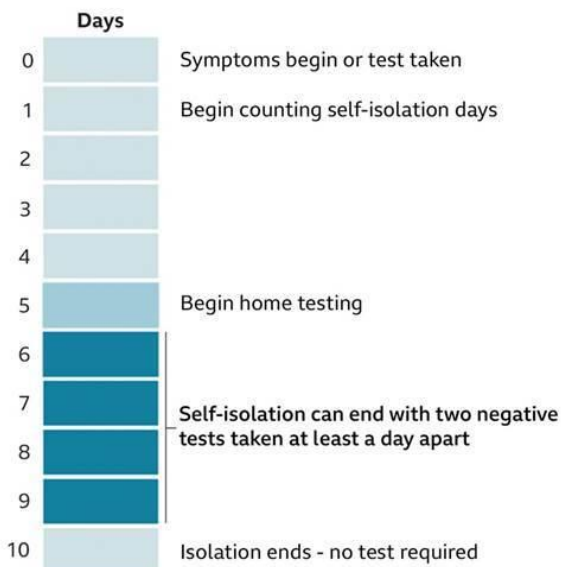
When do I need to get a PCR test?

The temporary suspension of a confirmatory PCR test is for individuals who are asymptomatic. Individuals who are experiencing any of the main symptoms of COVID-19 (a new continuous cough, high temperature/fever and loss or change to smell/taste) **should take a PCR test**. This advice has not changed. However, if an individual is experiencing symptoms and has already had a positive LFD test result, they do not need to take a PCR test as well and should isolate.

COVID-19 isolation changes

You will be aware that there has been a further change to the self-isolation period. From Monday, people who have tested positive for COVID-19 will be able to leave isolation after negative lateral flow tests on days five and six. The following diagram is a helpful aide-memoire for the change.

How five-day isolation rule works in England



Full details of COVID-19 guidance can be found [Coronavirus \(COVID-19\): guidance and support - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/coronavirus-covid-19-guidance-and-support)

Source: NHS



Thanks,
Joanne Lancaster

