



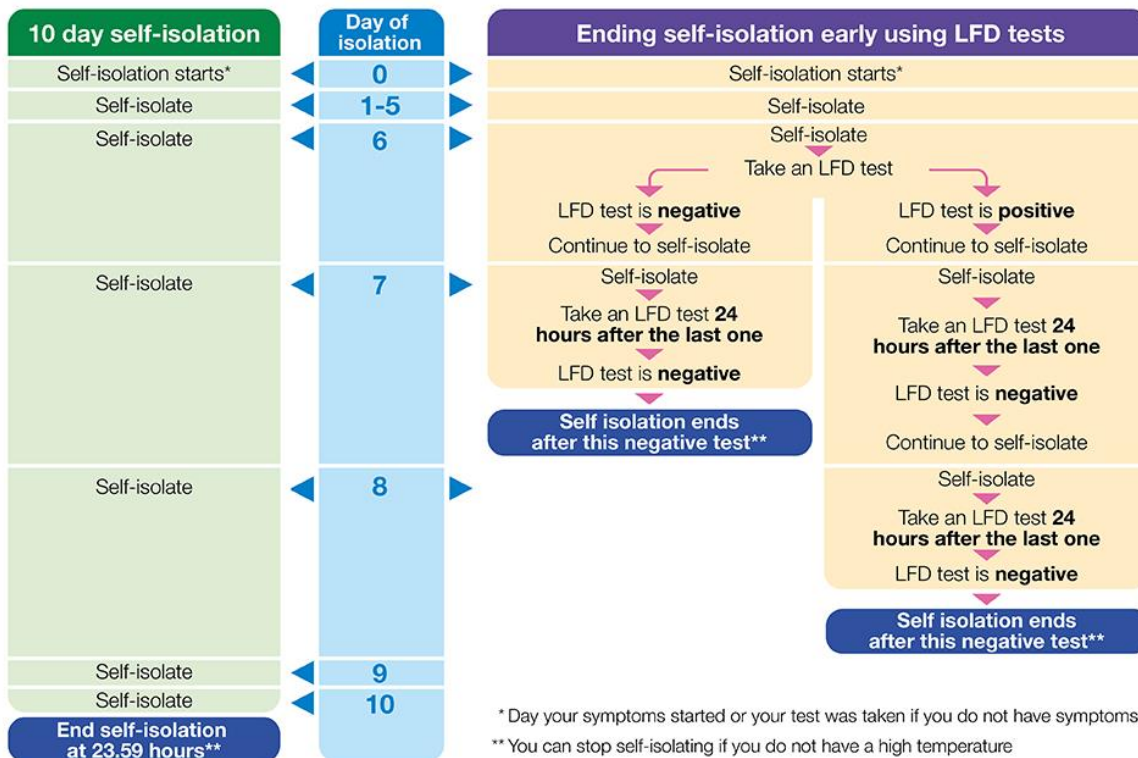
Updated Stay at Home Guidance

If your child develops symptoms of Covid-19 or has a positive test result but does not have symptoms, they must stay at home and self-isolate immediately for 10 full days. However, in accordance with the latest government guidance, your child may be able to end their self-isolation period before the end of the 10 full days.

An LFD test can now be taken from 6 days after the day symptoms started (day 0), or the day a test was taken if asymptomatic (day 0)), and another LFD test on the following day, day 7. If **both** these test results are negative, and your child does not have a high temperature, they may end their self-isolation after the second negative test result and return to school. The second LFD test should be taken **at least 24 hours after** the first LFD test.

LFD tests should not be taken before the sixth day of the isolation period, and self-isolation should end **only after your child has had 2 consecutive negative LFD tests which have been taken at least 24 hours apart**.

The table below illustrates examples of when to end self-isolation if you or your child have had COVID-19 symptoms or have received a positive COVID-19 test result.



This means that if, for example, your symptoms started at any time on the 15th of the month (or if you did not have symptoms but your first positive COVID-19 test was taken on the 15th), you may take daily LFD tests from the 21st of the month. If your LFD test results are negative on the 21st and 22nd, and you do not have a high temperature, you may end your isolation period after the negative test result on the 22nd of the month.

If both your LFD test results are negative, it is likely that you were not infectious at the time the tests were taken. To further reduce the chance of passing COVID-19 on to others, if you end your self-isolation period before 10 full days you are strongly advised:

- to limit close contact with other people outside your household, especially in crowded, enclosed or poorly ventilated spaces
- to work from home if you are able to
- in addition to venues where it is a legal requirement, to wear a face covering in crowded, enclosed or poorly ventilated spaces and where you are in close contact with other people
- to limit contact with anyone who is at higher risk of severe illness if infected with COVID-19
- to follow the [guidance on how to stay safe and help prevent the spread](#)

You should follow this advice until 10 full days from when your self-isolation period started.

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 isolation period from the day your symptoms start.

If you develop COVID-19 symptoms at any point after ending your first period of isolation you and your household should follow the steps in this guidance again.

For further information please follow the link [here](#).

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10th January 2022

