



Moorpark Junior School
Park Road,
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Friday, 21st January, 2022

FOR PARENTS and CARERS OF CLOSE CONTACTS OF COVID 19 in **Dance Club**

Dear Parents and Carers,

We have a number of confirmed case of COVID-19 within the school.

Following the national guidance we have identified that your child is a close contact with one of the affected individuals **within Dance Club**.

The **current guidance states that contacts are** strongly advised to take a LFT test every day for 7 days and continue to attend their school as normal, unless they have a positive test result.

You must book a PCR if your child has symptoms – please remain vigilant around symptoms and self isolate until the results are returned.

We are asking you to do this to reduce the further spread of COVID-19 to others in the community.

Book a test online via [Get a free PCR test to check if you have coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](https://www.gov.uk) or by calling 119.

Please find below the latest guidance if your child has COVID-19 symptoms or have received a positive COVID-19 test result (the advice is for any individual in your house).

Stay at home and self-isolate

If you / your child develops symptoms of COVID-19, you / they need to stay at home and self-isolate immediately. If you/ they have a positive test result but do not have [symptoms](#), stay at home and self-isolate as soon as you receive the results. You should do this even if you have received one or more doses of COVID-19 vaccine (children not applicable).

Other people in your household might need to isolate too. Please see section below for information [on what the other members of your household need to do](#).



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[Arrange to have a PCR test by ordering it online](#) or by calling 119 if you have not already had one. Stay at home while you are waiting for a home test kit, a test site appointment or a test result. You can leave your home in a few specific circumstances, but do not go to work, school, or public areas and do not use public transport or taxis. See circumstances in which [you can leave home](#).

If you need to leave your home to get to a test site, wear a face covering, stay at least 2 metres apart from other people who you do not live with, and return home immediately afterwards.

If you are notified by NHS Test and Trace of a positive test result you must complete a period of self-isolation. Your isolation period starts immediately from when your symptoms started, or, if you do not have any symptoms, from when your positive LFD or PCR test was taken, whichever test was taken first. Your isolation period includes the day your symptoms started (or the day your test was taken if you do not have symptoms), and the next 10 full days.

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), your isolation period ends at 23:59hrs on the 25th of the month.

You can return to your normal routine and stop self-isolating after 10 full days if your symptoms have gone, or if the only symptoms you have are a cough or anosmia, which can last for several weeks. If you still have a high temperature after 10 days or are otherwise unwell, stay at home and seek medical advice.

You may be able to end your self-isolation period before the end of the 10 full days. You can take an LFD test from 6 days after the day your symptoms started (or the day your test was taken if you did not have symptoms), and another LFD test on the following day. The second LFD test should be taken at least 24 hours later. If both these test results are negative, and you do not have a high temperature, you may end your self-isolation after the second negative test result.

[Report your LFD test results](#) after taking each test

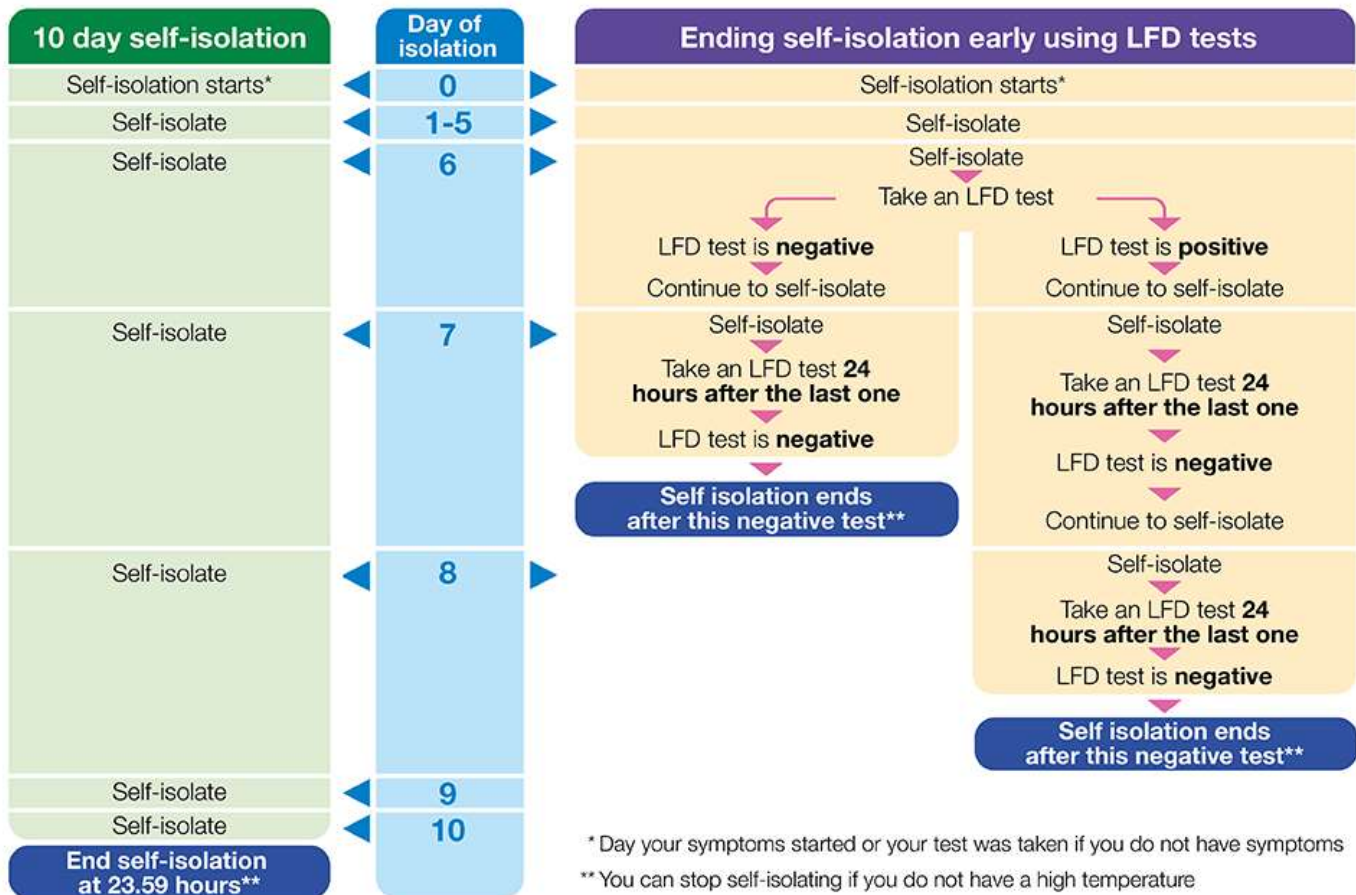
You should not take an LFD test before the sixth day of your isolation period, and you should only end your self-isolation after you have had 2 consecutive negative LFD tests which should be taken at least 24 hours apart. You should stop testing after you have had 2 consecutive negative test results.

This guidance also applies to children and young people who usually attend an education or childcare setting.



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Examples of when to end self-isolation if you 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



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- 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.

You should not take any more LFD tests after the 10th day of your isolation period and you may stop self-isolating after this day. This is because you are unlikely to be infectious after the 10th day of your isolation period. Even if you have a positive LFD test result on the 10th day of your self-isolation period you should not take any more LFD tests after this day. If you are concerned you may choose to keep following the above advice until 14 days after the start of your self-isolation period.

There is additional [guidance for those working in health and social care settings](#).

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.

Most people with COVID-19 will experience a mild illness. Seek prompt medical attention if your illness or the illness of someone in your household is worsening.

Stay as far away from other members of your household as possible. Wherever possible, avoid using shared spaces such as kitchens and other living areas while others are present and take your meals back to your room to eat. Wear a [face covering](#) or a surgical mask when spending time in shared areas inside your home.

Take exercise within your home, garden or private outdoor space. Follow the general advice to [reduce the spread of the infection](#) within your household.

It may be difficult for some people to separate themselves from others in their household. Not all these measures will be possible if you are living with children or have caring responsibilities but follow this guidance to the best of your ability in these circumstances.

If you receive a request by text, email or phone to log into the [NHS Test and Trace](#) service website you should do this. You will be asked about when your symptoms started. You should provide this information because it will be used to identify who has been in contact with you while you have been infectious.

You will be asked about your recent contacts so that they can be given public health advice. They will not be told your identity. It is very important that you provide this information, as it will play a vital role in helping to protect your family, friends and the wider community.



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Visitors to your household

Do not invite or allow social visitors to enter your home, including friends and family. If you want to speak to someone who is not a member of your household, use the phone, email or social media.

If you or a family member receive essential care in your home, carers should continue to visit and follow the [provision of home care guidance](#) to reduce the risk of infection.

All non-essential in-house services and repairs should be postponed until the self-isolation period is completed. Delivery drivers should not come into your home, so make sure you ask them to leave items outside for collection.

If you have a negative COVID-19 PCR test result after being tested because you had symptoms

If your PCR test result is negative but you still have symptoms, you may have another viral illness such as a cold, flu or a stomach bug. You should stay at home until you feel well and for at least 2 more days if you have had [diarrhoea or vomiting](#). Seek medical attention if you are concerned about your symptoms.

You can stop isolating unless you have been advised by [NHS Test and Trace that you are legally required to self-isolate](#). Anyone in your household who is isolating because of your symptoms can also stop isolating.

Testing after your isolation period has ended

If you have tested positive by PCR for COVID-19, you will probably have developed some immunity to the disease. However, it cannot be guaranteed that everyone will develop immunity, or how long it will last. It is possible for PCR tests to remain positive for some time after the period of active COVID-19 infection.

If you have previously received a positive COVID-19 PCR test result, you are usually advised not to take another PCR test within 90 days of this result. You should only have a PCR test within 90 days of a previous positive PCR test if you develop any new symptoms of COVID-19, if you have a positive LFD test result, or if you are required to take a PCR test upon entry into the UK.

If you have a positive PCR test result within 90 days of a previous positive PCR test result you must stay at home, self-isolate and follow the steps in this guidance again.

If it is more than 90 days since you tested positive by PCR for COVID-19, and you have new symptoms of COVID-19, or a positive PCR test, follow the steps in this guidance again.



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Further Information

Further information is available at
<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Yours sincerely,

Mrs K Peters
(Headteacher)