



King's Academy Northern Parade

King's Group Academies

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Dear Parent/Carer

As you will know the Covid-19 self isolation rules have changed recently. I have attached the latest guidance to this letter and will aim to update you of any changes as soon as possible.

As a school we are still advising Parents/Carers to wear a face covering on site and follow our one way system to help reduce transmission of the virus.

Many thanks for your continued support on this matter.

W Beadell

Mr W Beadell
Headteacher



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Self-isolation rules for coronavirus (COVID-19)

Self-isolation if you have a positive coronavirus test

If you have coronavirus (COVID-19) symptoms you should stay at home and [self-isolate in line with government guidelines](#) immediately. You should [get a PCR coronavirus test on GOV.UK](#) as soon as possible. If your PCR test result is positive, you must continue to self-isolate.

If you don't have COVID-19 symptoms but you have a positive coronavirus test result, you must also stay at home and [self-isolate in line with government guidelines](#).

How long you need to self-isolate for

The self-isolation guidance for people with COVID-19 says that it's possible for anyone that's tested positive for COVID-19 to reduce their self-isolation period from 10 days to five **full days** following two negative lateral flow tests (LFTs) taken on day five and day six after symptoms start (or, if you don't have any symptoms, from the date of your positive test).

The day your symptoms start/you test positive is day zero. The next day is day one of your isolation period. You can take your first lateral flow test on day five. If it's negative, you can take another test 24 hours later on day six. If this is also negative and you don't have a high temperature, you can leave isolation.

For example: if you test positive on a Monday this is Day 0, Day 1 of your isolation is Tuesday. You should take your next LFT on day 5 (Saturday) and another on day 6 (Sunday). If both of these tests are negative you can leave isolation on day 6 (Sunday). If either of these are positive you must continue to isolate.

