

love ♥ learn 📖 serve ✚

*'LET US CONSIDER HOW WE MAY SPUR ONE ANOTHER ON TOWARD LOVE AND GOOD DEEDS.' HEBREWS 10:24*

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Dear families,

Further to my email of last week, we have now received the updated COVID risk assessment from Devon County Council and there are some key updates and information to make make you aware of:

### 1. Confirmatory PCR tests to be temporarily suspended for positive lateral flow test results

- From today (Tuesday 11<sup>th</sup> January), if a person has a positive test on a lateral flow device they need to self-isolate immediately and do not need to take a PCR test to confirm the result.

### 2. Ending Self isolation before 10 days

- The 10 day self-isolation period for people who test positive for COVID-19 can in some cases be reduced.
  - From day 6 of your symptoms starting (or positive test if no symptoms) you can take an LFD test and another LFD test the next day (day 7)
  - The second LFD test should be taken at least 24 hours after the first.
  - **If both results are negative and you do not have a high temperature you can end self-isolation.**
  - **If one result is positive you need to continue isolating until you have 2 consecutive negative results (24 hours apart) or until 10 days, whichever is sooner.**
  - This applies to all adults and children of all ages. For children under 5, the LFD testing is at parent or guardian discretion.

### 3. LFD testing

- All staff and household members of pupils who are secondary school age or older are encouraged to continue twice weekly/regular LFD testing.

- If you have tested positive for Covid-19 and completed your isolation period, you should start twice weekly/regular LFD testing again. You should not wait 90 days as per previous guidance. This is because LFDs pick up current infection and people can be re-infected.
- ALL LFD test results, whether positive or negative, should be reported via NHS Test and Trace: <https://www.gov.uk/report-covid19-result>

#### 4. Close contacts who do not need to isolate

- Fully vaccinated close contacts and also those aged 5 to 18 years and 6 months are not required to self-isolate but are strongly advised to take a rapid LFD test every day for 7 days or until 10 days since last contact with the person who tested positive for COVID-19 if this is earlier.
- Children aged 4 and under will not be required to take part in daily contact testing based on close contacts outside of the home.
- If children aged 4 and under have cases in their households, they are not required to isolate but should limit contact with anyone who is higher risk of severe illness if infected with COVID-19 and arrange to have a PCR test as soon as possible.

If your child has tested positive but is asymptomatic or well enough to learn, we will continue to provide remote learning on the Seesaw.

The **main symptoms** to look out for remain:

- A new continuous cough
- A high temperature
- A loss of, or change in, normal sense of taste or smell (anosmia)

If your child has symptoms and is unwell, you should take them for a PCR test. If the test result is negative they can return to school once they are well. This must be at least 24 hours after a fever and at least 48 hours after sickness or diarrhoea as per usual sickness policy.

We know there are lots of coughs, colds and other bugs around at present, but it is important that we do not try and second guess whether or not they are Covid-19.

As always, if you have any questions, please ask and we will endeavour to answer them!

Best wishes,  
Bex Northcott (Acting Head)