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Dear Parents/ Carers

Requirements for Self-Isolation

I thought it would be helpful to give everyone a reminder about the [current requirements for self-isolation](#) if you or someone in your household tests positive for COVID-19, or if you are 'pinged' or otherwise contacted by NHS Test & Trace, as I know it can seem confusing.

Anyone with COVID-19 symptoms or a positive test result should stay at home and self-isolate immediately. If you have symptoms of COVID-19, you should arrange to have a PCR test as soon as possible. This still applies even if you have received one or more doses of COVID-19 vaccine.

If you live in the same household as someone with COVID-19, you should stay at home and self-isolate unless you are exempt. **If you are fully vaccinated or aged under 18 years and 6 months you are not required to self-isolate if you are a contact of someone who has tested positive for COVID-19.**

Exemptions from isolation are:

- you are fully vaccinated,
- you are below the age of 18 years and 6 months,
- you have taken part in or are currently part of an approved COVID-19 vaccine trial, or
- you can evidence that they are unable to be vaccinated for medical reasons.

You could be fined if you are not exempt and do not self-isolate following a notification by NHS Test and Trace. You may be entitled to a one-off payment of £500 through the [NHS Test and Trace Support Payment scheme](#) if you are required to stay at home and self-isolate or you are the parent or guardian of a child who has been told to self-isolate.

People who live in the same household as someone with COVID-19 can also take a PCR test, as they are at higher risk of being infected even if they do not have symptoms. We strongly recommend this course of action.

In addition, for the first time, schools can also ask parents/ carers of primary aged children who are identified by NHS Test and Trace as close or household contacts to get their child to undertake daily LFD testing while awaiting the results of a PCR. This is left to parental discretion and test kits for primary aged pupils can be accessed [online](#) or from your local pharmacy. We would also strongly advise this course of action, though we are unable to insist upon it.

Thank you for your ongoing support.

Yours sincerely

Helen Carpenter
Head teacher