



Heathcote School & Science College

Normanton Park, Chingford, London E4 6ES. Tel: 020 8498 5110 Fax: 020 8529 3935

E-Mail: heathcote.school@heathcote.waltham.sch.uk Web: www.heathcoteschool.com

Headteacher: Emma Hillman NPQH, MSc, MA



Dear Parent/Carer,

This is the latest guidance about self-isolation. I am aware that further announcements have been made today and we will write with further updates once the Local Authority has given their advice at a local level. For at least the very short-term, masks will need to continue to be worn as per the current advice i.e in classrooms and communal areas.



Changes to the self-isolation period for those who test positive for COVID-19



From Monday 17 January, individuals who are self-isolating with COVID-19 have the option to reduce their isolation period after 5 full days if they test negative with a lateral flow device (LFD) test on both day 5 and day 6 and they do not have a temperature. For example, if they test negative on the morning of day 5 and the morning of day 6, they can return to their education or childcare setting immediately on day 6.



The first test must be taken no earlier than day 5 of the self-isolation period, and the second must be taken the following day. All test results should be [reported to NHS Test and Trace](#).

If the result of either of their tests is positive, they should continue to self-isolate until they get negative results from two LFD tests on consecutive days or until they have completed 10 full days of self-isolation, whichever is earliest.



Anyone who is unable to take LFD tests or anyone who continues to have a temperature will need to complete the full 10 day period of self-isolation.



Those who leave self-isolation on or after day 6 are strongly advised to wear face coverings and limit close contact with other people in crowded or poorly ventilated spaces and minimise contact with anyone who is at higher risk of severe illness if infected with Covid-19.

Further [information on self-isolation for those with COVID-19](#) is available.



Rules for COVID-19 contacts

Although there have been changes to the isolation periods for cases, the **rules for contacts have not changed**.



Contacts of COVID-19 cases are legally required to stay at home and self-isolate for 10 full days **unless** they meet one of the following conditions:

- They are fully vaccinated. Fully vaccinated means you have had 2 doses of an approved vaccine such as Pfizer BioNTech, AstraZeneca or Spikevax (formerly Moderna); you are also fully vaccinated if you have had one dose of the single-dose Janssen vaccine
- They are aged under 18 years old
- They have taken part in or are currently part of an approved COVID-19 vaccine trial
- They are not able to get vaccinated for medical reasons

Further guidance for contacts who are legally required to self-isolate can be found [here](#).



If someone aged 5 years and over has been identified as a contact of someone with COVID-19, but is not legally required to self-isolate (for the reasons listed above), they are strongly advised to:



- take an LFD test every day for 7 days, or until 10 days since their last contact with the person who tested positive for COVID-19 if this is earlier
- take this daily test before they leave the household for the first time that day

To further reduce the chance of passing COVID-19 on to others, they are strongly advised to:

- limit close contact with people outside their household, especially in crowded, enclosed or poorly ventilated spaces
- work from home if they are able to
- wear a face covering in crowded, enclosed or poorly ventilated spaces and where they are in close contact with other people
- limit contact with anyone who is at higher risk of severe illness if infected with COVID-19

All the best

A handwritten signature in cursive script that reads "Emma Hillman". The signature is written in black ink and is positioned to the left of the printed name and title.

Emma Hillman

Headteacher