

COVID-19 ISOLATION RULES AS AT 17 JANUARY 2022

- If a member of your household has tested positive, students should stay at home and engage in daily Lateral Flow testing, returning to school from Day 3 if their Day 1-3 tests have returned negative results. They should continue testing for 7 days.
- If your child has been in 'close contact' with someone who has tested positive, they do not have to self-isolate but should take daily lateral flow tests for 7 days. Please see definition of 'close contact' below.
- From Monday 17 January, people with COVID-19 in England can end their self-isolation after 5 full days, as long as they test negative on day 5 and day 6.
- Individuals who are still positive on their rapid lateral flow tests must stay in isolation until they have had 2 consecutive negative tests taken on separate days – 24 hours apart. It is crucial that people adhere to this guidance to reduce the chance of still being infectious.
- 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. If an individual is positive on day 5, then a negative test is required on both day 6 and day 7 to release from self-isolation, or positive on day 6, then a negative test is required on days 7 and 8, and so on until the end of day 10. Please note that the day symptoms begin/a positive test result is received is counted as day 0 with self-isolation starting the following day as day 1. Thus, the isolation period includes the day the symptoms started (or the day a test was taken if there are no symptoms), and the next 10 full days.
- 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, work from home if they can do so and minimise contact with anyone who is at higher risk of severe illness if infected with COVID-19.

Examples of close contact include:

Face to face contact under 1 metre for any length of time – including talking to them or being coughed on

Being within 1 metre of each other for 1 minute or longer

Being within 2 metres of each other for more than 15 minutes in total in 1 day