



CRICH CARR CHURCH OF ENGLAND PRIMARY SCHOOL

Main Road, Whatstandwell, Matlock, Derbyshire, DE4 5EF

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☎ (01773) 852070

🌐 www.crichcarrprimary.co.uk

Headteacher: Vicki Holmes

Date: 19th March 2021

Dear Parents/carers,

I would like to thank everyone for their support and compliance with our protocols and procedures since our full return back to school on the 8th March.

We continue to have no confirmed cases of coronavirus in school but have had several people who have developed symptoms and been required to get a test. This has highlighted a little confusion regarding testing and isolation. Below is a link to the full government guidance:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

Here are the main points highlighted below:

- If you or anyone in your household has COVID-19 symptoms or has a positive test result you should stay at home and self-isolate immediately.
- If you have symptoms of COVID-19, arrange to have a PCR test and stay at home while you are waiting for a home self-sampling kit, a test site appointment or a test result.
- Lateral flow tests are only for routine testing when you are not displaying symptoms.

Positive Test Result

- If you have a positive test result you must complete your full isolation period. Your isolation period starts immediately from when your symptoms started, or, if you do not have any symptoms, from when your test was taken. Your isolation period includes the day your symptoms started, and the next 10 full days. You can return to your normal routine and stop self-isolating after 10 full days if your symptoms have gone, or if the only symptoms you have are a cough or anosmia, which can last for several weeks. If you still have a high temperature after 10 days or are otherwise unwell, stay at home and seek medical advice.
- If you are isolating because of a positive test result but did not have any symptoms, and you develop COVID-19 symptoms within your isolation period, start a new 10 day isolation period by counting 10 full days from the day following your symptom onset.



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- If you live in the same household as someone with COVID-19 stay at home and self-isolate. Do not go to work, school, or public areas and do not use public transport or taxis. Your isolation period includes the day the first person in your household's symptoms started (or the day their test was taken if they did not have symptoms) and the next 10 full days.
- If you do not have symptoms of COVID-19 yourself, you do not need a test. Only arrange a test if you develop COVID-19 symptoms or if you are asked to do so as part of a testing programme for people without symptoms. If for any reason you have a negative test result during your 10 day isolation period, you must continue to self-isolate. If you develop symptoms while you are isolating, arrange to have a COVID-19 PCR test. If your test result is positive, follow the advice for people with COVID-19 to stay at home and start a further full 10 day isolation period. This begins when your symptoms started, regardless of where you are in your original 10 day isolation period. This means that your total isolation period will be longer than 10 days.

Negative Test Result

- If your PCR test result is negative but you still have symptoms, you may have another virus such as a cold or flu. You should stay at home until you feel well. Seek medical attention if you are concerned about your symptoms.

You can stop isolating as long as:

- you are well
- no-one else in your household has symptoms or has tested positive for COVID-19
- you have not been advised to self-isolate by NHS Test and Trace

Anyone in your household who is isolating because of your symptoms can also stop isolating.

I hope this clears up any confusion, but please get in touch if you require any further information or assistance.

Kind regards,
Vicki Holmes