

Good morning,

Public Health England and NHS Test and Trace have clarified their information regarding testing and have asked us to communicate this to you on their behalf.

If a person in your household has one or more of the following symptoms:

- i. a high temperature
- ii. a new, continuous cough
- iii. a loss or change to their sense of smell or taste

Only they should be tested*, not the rest of the household.

Whilst waiting for the test results to come through, all other household members must stay at home and not go to work or school. If we ask you to collect your child from school as they are displaying COVID type symptoms, you should ask everyone in your household (including those within your support bubble) to return home and collect any other children from their schools as soon as possible.

If the test comes back negative everyone can go back to work or school.

If the test comes back positive, the poorly person must stay at home and away from people for 10 days. If a high temperature persists after 10 days that person should continue to stay at home until they feel better. If they have a cough and/or loss of sense of taste or smell after 10 days, they can still go back to work or school. **All other members** of the household must self-isolate for 14 days from the moment the person who was ill first felt poorly. However, if other members of the household get coronavirus symptoms during that period, they should then follow the 10 day protocol from when their symptoms started.

To find your nearest test centre please go online and click on the link:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>

If you cannot get a test now, or the location or time are not convenient, try again in a few hours.

*It is important that only the person with COVID symptoms is tested so that there is enough capacity in the system to test all those who need it.