

Update

15th July 2021

Dear Parents and Friends of Castle Hill,

Given that we are receiving more phone calls and queries it seems likely that the national trend, for increasing numbers of staff and pupils isolating, is also reflected in our local community. So further to our communication on 30th June, we are resending the current Government guidance that we are following until the end of term (Thursday 22nd July) for your reference. We hope that this will allow you to make informed decisions for your families.

- If any **person is symptomatic**, they must **immediately self-isolate for a period of 10 days** from the onset of symptoms. This will also **apply to their household**. They must arrange to **complete a PCR test as soon as possible**. Please note that this applies even if returning a negative LFD result. If a negative PCR result is returned, the period of self-isolation ceases, unless a member of the household becomes symptomatic, or individuals are notified that they are a close contact of a positive case.
- **LFD vs PCR Test:** There are two types of coronavirus tests, an LFD test is not the same as a PCR test.
PCR Test is for people who have coronavirus symptoms
 - The polymerase chain reaction (**PCR**) tests check for the genetic material (RNA) of the virus in the sample which is collected via a nose and throat swab
 - PCR tests can be booked free of charge here: <https://www.gov.uk/get-coronavirus-test> or by calling 119
 - The test can be sent to people at home or they can attend a walk-through centre and the sample is sent for processing at a laboratory, where any viral RNA is isolated and collected
 - Most people get their result the next day.**LFD Test is for people who do not have coronavirus symptoms (asymptomatic testing)**
 - Lateral Flow Device (**LFD**) tests are used to track asymptomatic cases and detect proteins called 'antigens' produced by the virus. If an antigen is detected it will be indicated on the testing strip
 - These simple and quick tests enable us to rapidly test without the need for a laboratory
 - They can be self-administered and the results are given in 30 minutes
 - LFD tests are useful to track those who have a high viral load, but are less effective at identifying those in the early stages of infection. LFD tests will not identify an incubating virus.
- **Infectious period:** Two days before the onset of symptoms to ten days after the onset of symptoms. If asymptomatic, two days before date first positive test was taken to ten days afterwards.
- **Isolation period:**
Cases
 - **Symptomatic:** Your isolation period includes the day your symptoms started and the next 10 full days. E.g. if your symptoms started at any time on the 15th of the month, your isolation period ends at 23:59 hrs on the 25th of the month.
 - **Asymptomatic:** In the absence of symptoms, the isolation would start from the date of the positive COVID-19 test* was taken and continue for ten full days after this. E.g. if positive test was taken any



time on the 15th of the month, your isolation period ends at 23:59 hrs on the 25th of the month.

- **Contacts:**

- **Household contacts:** Ten full days from first onset of symptoms in the household. Onset of symptoms is day 0
- **Non-household contacts:** Ten full days from last date of exposure. E.g. if your exposure date is 15th of the month, you should isolate for ten full days after this to 23:59 hrs on the 25th of the month
**For self-administered LFD tests (i.e. tests taken at home rather than at an assisted testing site) the legal duty to self-isolate is from PCR test date which may result in cases isolating longer than ten days if the date of the positive PCR test was taken was after the LFD positive test. It is recommended that people get a PCR test as soon as possible after an LFD test ideally on the same day where possible.*

If an asymptomatic close contact tests negative (by LFD or PCR test) during their isolation period they must still complete 10 days isolation from last exposure date before returning to school

- **How do I notify the school of a Positive Case within my household:** Please inform the school as soon as possible by emailing admin@chjs.net with the subject line "Covid Symptoms Alert" – this will help us to spot your email easily whilst monitoring the inbox.

Finally, we would like to draw your attention to the updated advice from PHE regarding routine PCR testing for all school-aged children who are self-isolating. To help control the spread of the COVID-19 Delta variant, Public Health England (PHE) is now recommending that, in the South East, close contacts of PCR positive individuals in schools and colleges take a voluntary PCR test through NHS Test and Trace **as soon as possible**, rather than waiting until day 5 of their 10-day isolation period as previously advised. This should be done even if they are not experiencing any COVID-19 symptoms.

Thank you for your continued support.

CHPS Team