

7 January 2022

Dear Parent/Carer

At the end of the first week back of 2022, I am pleased to say that at the time of writing, we continue to be able to offer face to face learning for our students, although that is not to say that we do not have any staff or student absences. We will continue to manage our academies carefully, prioritising the health and wellbeing of our staff and students and in line with government announcements and keep you informed of any actions we may need to take, as and when this is necessary.

I am also writing to try to clarify changes to self-isolation that have been announced in the last few days.

Currently (and until 11 January 2022) you must self-isolate as soon as symptoms develop, or if you have no symptoms, when you receive a confirmatory positive PCR test after having a positive lateral flow test.

From 11 January 2022, if you get a positive lateral flow test at home, you should self-isolate immediately and DO NOT need to take a PCR test at all.

Self-isolation lasts for 10 days, but can be reduced to 7 days by using lateral flow tests at home.

To end self-isolation at the end of the 7th day, two negative lateral flow tests should have been taken, the first on day 6 and the second, 24 hours later. If both of these tests return a negative result AND you DO NOT have a high temperature, the isolation period can end on day 7.

If the day-six test is positive, you can take two further tests on subsequent days, and - if you do not have a fever - can stop isolating once you have had two negative results, 24 hours apart.

The above applies whatever your vaccination status but anyone leaving self-isolation after 7 days is "strongly advised" to limit close contact with people in crowded or poorly ventilated spaces. They should work from home and minimise contact with anyone who is at higher risk of severe illness.

If you have been in contact with someone who has tested positive for Covid you do not need to self-isolate if you are

- fully vaccinated
- under the age of 18 and 6 months

You should, however, take daily lateral flow tests for 7 days (or until 10 days since your last contact, if this is earlier). If any of the lateral flow tests are positive, you will need to self-isolate from the date of the test (and until 11 January, take a PCR test to verify the result).

Close contacts of positive cases who are **not fully vaccinated** still have to self-isolate for the full 10 days.

Anyone who develops Covid symptoms during self-isolation should take a PCR test.

Full details for self-isolation rules can be found [here](#).

In light of the above, the government have updated their "What parents and carers need to know about early years providers, schools and colleges during COVID-19" document which you can read in full [here](#)

I hope that the above helps you to determine who should isolate and for how long.

Take care and stay safe

A handwritten signature in black ink, appearing to read 'S J Sprack', with a stylized flourish at the end.

S J Sprack
CEO Isle Education Trust