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20th January 2022

Dear Parents and Carers,

We would like to keep you updated of where we are with the Covid situation in the school. We have unfortunately continued to receive news of positive cases within the school, this now includes Lion Class too. Please can we ask that **all children** in the school complete daily close contact testing. This will be the case until **at least Tuesday 25<sup>th</sup> January** as this is 7 days after the last close contact. If this date needs to be extended due to additional cases, we will let you know.

Please see below details regarding daily testing. If your child has a positive test please get in touch with the school by email (anytime) or telephone (during school hours) as soon as possible. Please note: the [office@carletonrode-primary.norfolk.sch.uk](mailto:office@carletonrode-primary.norfolk.sch.uk) email will be monitored regularly at both evenings and weekends.

### **Daily testing for close contacts of COVID-19**

People who are fully vaccinated, or children and young people aged between 5 and 18 years and 6 months, identified as a close contact of someone with COVID-19, should take an LFD test every day for seven days and continue to attend their setting as normal, unless they have a positive test result or develop symptoms at any time.

Children under 5 are not being advised to take part in daily testing of close contacts. If a child under



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5 is a contact of a confirmed case, they are not required to self-isolate and should not start daily testing. If they live in the same household as someone with COVID-19 they should limit their contact with anyone who is at higher risk of severe illness if infected with COVID-19, and arrange to take a PCR test as soon as possible. They can continue to attend an education or childcare setting while waiting for the PCR result. If the test is positive, they should follow the [stay at home: guidance for households with possible or confirmed COVID-19 infection](#).

## What are the Covid symptoms I should act on?

The NHS says people should still look out for classic Covid symptoms:

- a new, continuous cough
- a fever/high temperature
- loss of or change to smell or taste

The new highly spreadable variant Omicron.

So far, the top five symptoms are:

- runny nose
- headache
- fatigue (either mild or severe)
- sneezing
- sore throat

## Covid Government Guidance – updated 17th January 2022

Stay at home and self-isolate if you have any of the main symptoms of COVID-19 or if you have a positive LFD or PCR test result. Self-isolation will help protect your family, friends and the wider community by reducing the risk that you will pass the infection on to others.

Your self-isolation period starts immediately from when your symptoms started, or, if you do not have any symptoms, from when your positive LFD or PCR test was taken, whichever test was taken



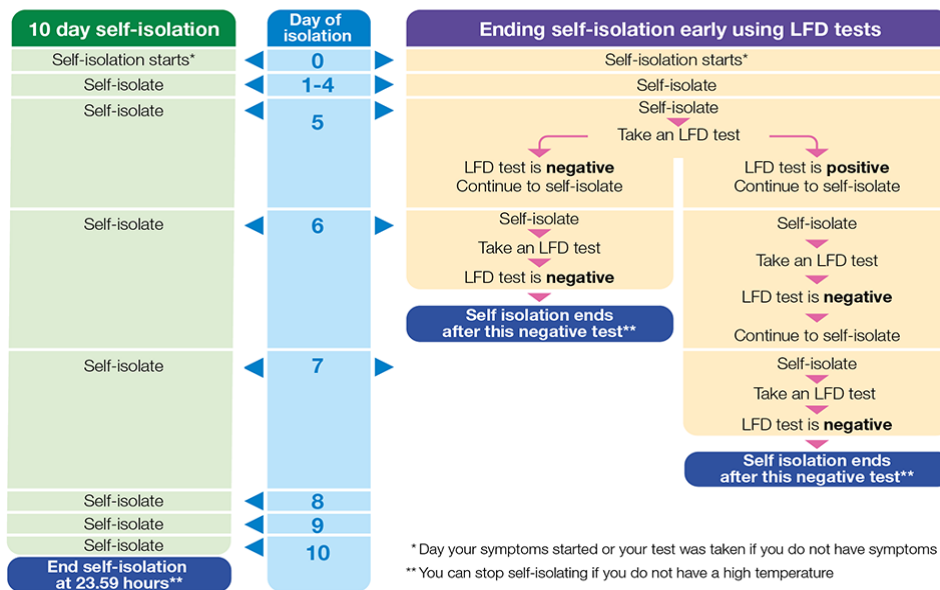
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first. Your self-isolation period includes the day your symptoms started (or the day your test was taken if you do not have symptoms), and the next 10 full days. It may be possible to end your self-isolation earlier (see below).

This means that if, for example, your symptoms started at any time on the 15th of the month (or if you did not have symptoms but your first positive COVID-19 test was taken on the 15th), your self-isolation period ends at 23:59hrs on the 25th of the month.

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.



Yours sincerely,  
 Mrs Whyte