



# LONG MEADOW SCHOOL

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Dear Parents/Carers

## COVID-19 Update

### Main messages

COVID-19 infection rates are very high and the Omicron variant is spreading rapidly. It is important that we all take steps to reduce the spread of COVID-19 infection in the community to save lives and protect the NHS.

If you have been vaccinated with a COVID-19 vaccine, you are less likely to become severely ill if you catch COVID-19. You are also less likely to spread COVID-19 to other people, but it is still possible for this to happen. Therefore:

- Adults aged 18 years and 6 months or over and who are not fully vaccinated\*, and who live in the same household as someone with COVID-19, are legally required to stay at home and self-isolate
- if you are fully vaccinated or aged under 18 years and 6 months, and you live in the same household as someone with COVID-19, you are not legally required to self-isolate. However, you are strongly advised to take an LFD test every day for 7 days, and to self-isolate if any of these test results are positive

*\*You are fully vaccinated 14 days after having received 2 doses of an approved vaccine (such as Pfizer/BioNTech, AstraZeneca or Moderna/Spikevax) or one dose of the single-dose Janssen vaccine.*

### Testing

Testing remains important in reducing the risk of transmission of infection within schools. LFD tests are very good at identifying people who have high levels of coronavirus and are most likely to pass on infection to others, even if you do not have symptoms.

There is no need for primary age pupils (those in year 6 and below) to regularly test, unless they have been identified as a contact for someone who has tested positive for Covid-19 and therefore advised to take lateral flow tests every day for 7 days.

If you are notified by NHS Test and Trace of a positive test result you must complete a period of self-isolation. Your 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 first. Your 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.

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 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 (loss of taste/smell), 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.

### NEW- Confirmatory PCR Tests

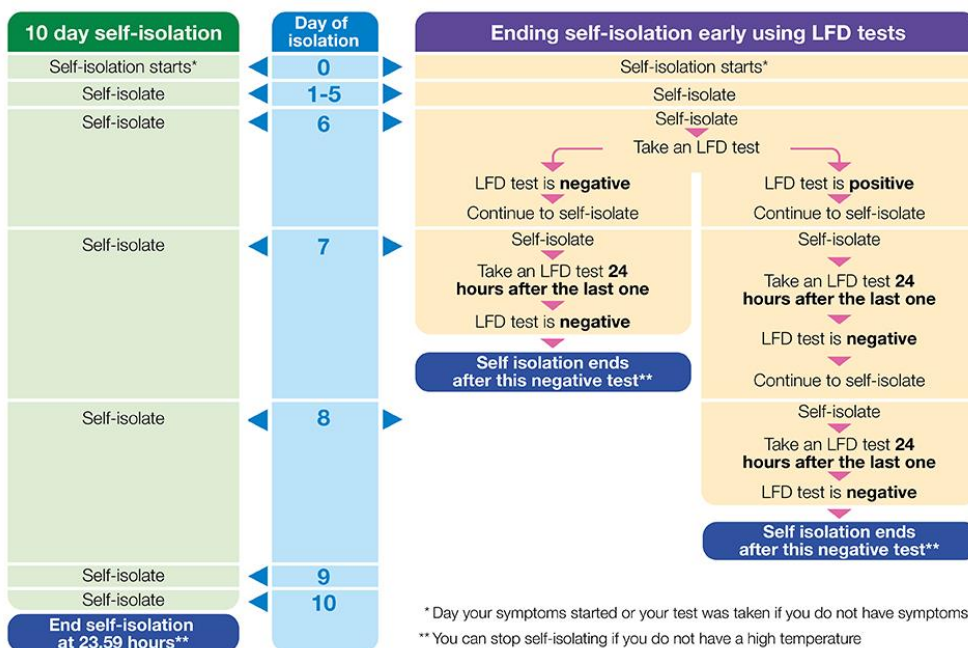
Confirmatory PCR tests following a positive lateral flow device (LFD) test result are to be temporarily suspended from **Tuesday 11 January**. This will mean that anyone who receives a positive LFD test result will be required to self-isolate immediately and will not be required to take a confirmatory PCR test.

**You may be able to end your self-isolation period before the end of the 10 full days.**

- You can take an LFD test from 6 days after the day your symptoms started (or the day your test was taken if you did not have symptoms), and another LFD test on the following day.
- **The second LFD test should be taken at least 24 hours later.**
- If both these test results are negative, and you do not have a high temperature, you may end your self-isolation after the second negative test result.
- You should not take an LFD test before the sixth day of your isolation period, and you should only end your self-isolation after you have had 2 consecutive negative LFD tests which should be taken at least 24 hours apart.
- You should stop testing after you have had 2 consecutive negative test results.

You should not take any more LFD tests after the 10th day of your isolation period and you may stop self-isolating after this day. This is because you are unlikely to be infectious after the 10th day of your isolation period. Even if you have a positive LFD test result on the 10th day of your self-isolation period you should not take any more LFD tests after this day. If you are concerned you may choose to keep following the above advice until 14 days after the start of your self-isolation period.

Here are **EXAMPLES** to support you and your family;



**Example 1.** 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), you may take daily LFD tests from the 21st of the month. If your LFD test results are negative on the 21st and 22nd, and you do not have a high temperature, you may end your isolation period after the negative test result on the 22nd of the month.

**Example 2.** If you take an LFD at 8am on day 6 which is negative, and at 8.15am on Day 7 and this is also negative, your child could come into school at normal time that day, subject to no high temperature being present.

**Example 3.** If you take an LFD at 8pm on day 6, which is negative, you cannot take another LFD until at the earliest 8pm on day 7. If this is also negative, your child could return to school on the next day, subject to no high temperature being present.

We hope this clarifies some points with you and allows you to support your family further. released to us.

Yours sincerely

Mr Gray