



30th March 2021
JR/HCI/Covidupdate

Dear Parent/Carer

Covid-19 procedure and Lateral Flow testing guidance

As we near the end of term and look forward to the Easter holiday we need to continue to be vigilant and ensure we do everything we can to keep COVID out of our community and school. We are planning tentative steps towards the end of some of the restrictions upon our lives. Although our hugely successful roll out of the vaccine is giving us hope, it is vitally important that we still adhere to the guidance and continue to be mindful of our actions over the coming weeks and months.

Thankfully the levels of infections nationally and locally have reduced in response to our efforts and sacrifices from the last lockdown. However, the gradual lifting of the restrictions will inevitably cause the infection rate to rise. It is imperative that we continue to follow government guidance about who, and how we can meet. It is very important that we understand and follow the guidance when unwell.

Over the past year it has emerged that often people feel unwell with fatigue, headache, cold like symptoms before they develop COVID symptoms: <https://covid.joinzoe.com/post/the-20-symptoms-of-covid-19-to-watch-out-for>. For this reason, it is essential that if anyone is unwell, they stay at home and recover. If you develop COVID symptoms, you and your household **must** begin isolation, contact 119 and access a PCR (Lab based Test). (Please see Flow Chart below).

You must **NOT** use the Lateral Flow Device (LFD) Testing to diagnose COVID symptoms. The LFD Tests are for use to track **asymptomatic** (symptom free) cases.

Asymptomatic mass testing with Lateral Flow Devices may alert us to people that have no symptoms and could potentially spread the virus because they do not know they have it. The Lateral Flow Devices have been controversial as they can give a high percentage of False Negatives. This can give false reassurance; again, people can unwittingly spread the virus to others.

If we are unfortunate to have a student that has attended school whilst infectious, (48 hours before symptoms) and tests positive for COVID-19, large 'bubbles' will need to isolate for 10 days. If the student was symptomatic and in school, the likelihood of cross contamination is even higher and a larger student bubble will be implicated. It cannot be stressed enough; we need to maintain the rigorous levels of protection by adhering to the guidance, staying home if unwell, and maintaining 'Hands, Face and Space'.

We cannot afford to become complacent. We have managed very well up to this point and we need to continue with our efforts for some time to come.



If you would like to be part of the King's College COVID symptom study, please download the Zoe app <http://covid.joinzoe.com/>. This provides helpful information and tracks symptoms and organises research PCR testing to gain a better understanding of the disease.

Over the holidays we will continue to monitor the COVID situation. If you would like any further information or guidance please refer to the designated page within the website for COVID -19. Or email any COVID related concerns to covid-19@stjohns.excalibur.org.uk.

I wish you all a safe and happy Easter holiday.

Yours faithfully

J Rowberry

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COVID-19 WHAT TO DO IF YOUR CHILD OR HOUSEHOLD MEMBER IS UNWELL

If your child is unwell with a cold, sore throat etc., keep them at home until fully recovered. Give plenty of fluids and rest and observe for worsening symptoms.

Is your child showing COVID 19 symptoms?

Is a member of your household showing COVID 19 symptoms?

COVID-19 Symptoms

- High temperature
- New continuous cough
- Lost taste or sense of smell

Any Child or Adult displaying the above symptoms **MUST** get a COVID-19 Test
Call NHS 111 to arrange
Inform school covid-19@stjohns.excalibur.org.uk

ALL MEMBERS OF THE HOUSEHOLD STAY AT HOME AND SELF-ISOLATE FOR 10 DAYS

POSITIVE Result

NEGATIVE Result

- Inform school covid-19@stjohns.excalibur.org.uk
- The person who has tested positive **MUST** stay at home for at least 10 days and until the temperature has gone back to normal.
- The other members of the household must continue to isolate for 10 days. If they develop COVID-19 symptoms – Call 111, Get tested and self-isolate
- Engage with the NHS Test and Track service

- Inform school covid19@stjohns.excalibur.org.uk
- If your child is well, they can return to school.
- Members of the household do not need to self-isolate further

- If any person/s is contacted by NHS Test and Track, they **MUST** self-isolate for 10 or days as instructed.
- Any members of that household, who have not been instructed to self-isolate by NHS Test and Track can attend work or school unless COVID-19 symptoms develop.
- If symptoms develop, call 111, get tested and self-isolate