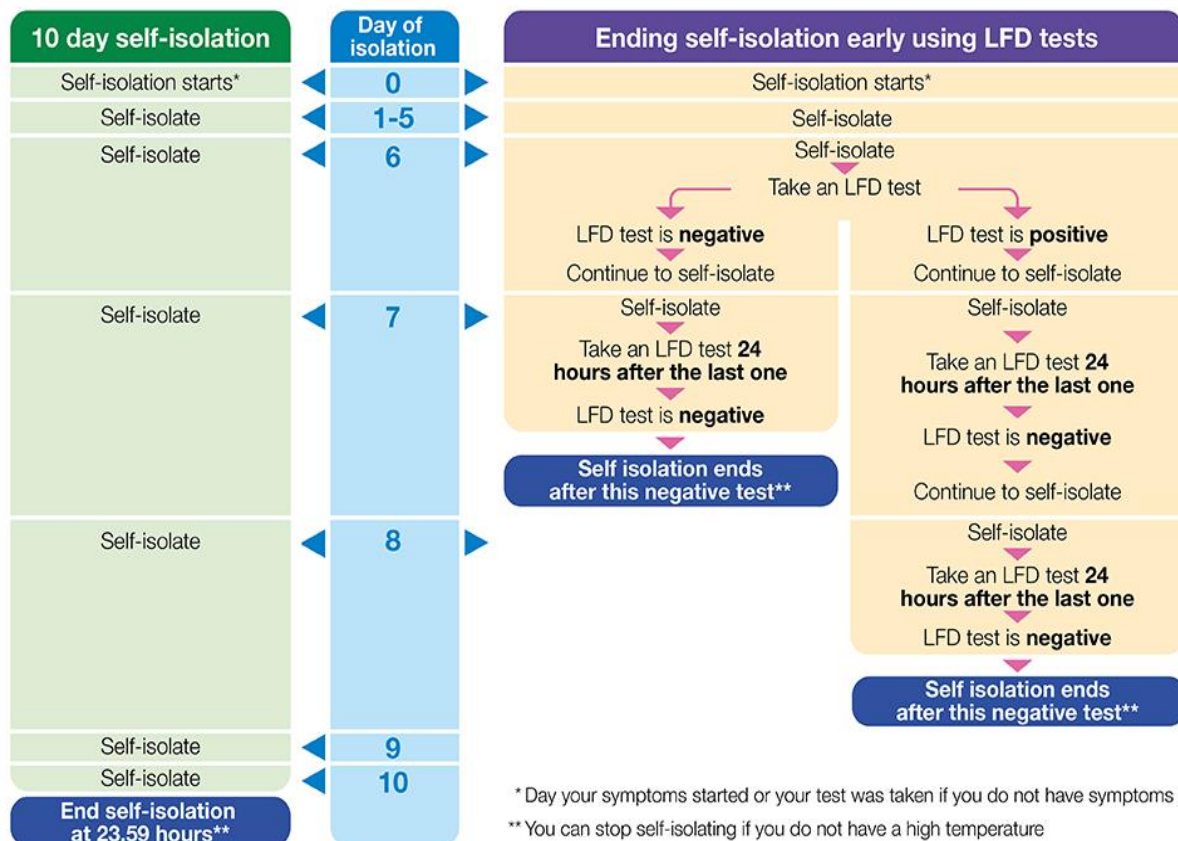


## 1. Important changes to guidance for isolation for covid



### Reducing isolation period

Anyone who tests positive will be able to leave self-isolation 7 days after the date of their initial positive test/symptom onset if they receive 2 negative LFD results, 24 hours apart, on days 6 and 7 (providing they do not have a high temperature).

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.

**Clarification:** 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), you have two negative tests on the 20<sup>th</sup> (day 6) and the 21<sup>st</sup> (day 7) your isolation period ends **AFTER THIS NEGATIVE TEST**. If for example, you take your LFD at 8:00 am on day 6 and 24 hours after on day 7 and 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 and return to your education or childcare setting from day 7.

If the day 6 LFD result is positive, you should take an LFD 24 hours later on day 7. If this is negative, you can take an LFD test 24 hours after (day 8) and if both are negative you can return school or the setting on day 8 or 9 (depending the time you take the last test). You can do the same process for day 9 and 10. Please take your test as early as possible e.g. between 7 – 8am, so that you can return to school that same day (providing you do not have a temperature. Report the result on [help@smdpluton.co.uk](mailto:help@smdpluton.co.uk)

