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'Plant yn gyntaf'



Pennaeth/Headteacher  
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'Children come first'  
31<sup>st</sup> January 2022

Dear Parents,

The self-isolation rules changed on Friday 28<sup>th</sup> January. Below is the guidance taken from the Welsh Government website that I hope you will find useful.

*If you have any of the main symptoms of COVID-19, you should self-isolate and **book a PCR test** as soon as possible. This applies even if you have mild symptoms or if you have tested positive before.*

*The main symptoms of COVID-19 are:*

- **a high temperature**
- **a continuous cough**
- **loss or change of taste or smell**

*If you have had a **positive lateral flow test**, you should report the result to NHS, and follow this guidance. You no longer need to book a follow-up PCR test unless:*

- **you have been advised to take a PCR test because you are in a clinically vulnerable group who may need early access to treatment**
- **you have been advised to do so as part of a research or surveillance programme.**

*If you test positive on any COVID-19 test (PCR or LFT), you must self-isolate from the day your symptoms started and for at least 5 full days after your symptoms started or the day you had the test, if you do not have symptoms (whichever is the earliest date). This means the earliest you can leave self-isolation is on day 6.*

*On day 5 of your self-isolation period, you should take an LFT and a second LFT the next day (you should aim for 12 to 24 hours later). This will help determine if you are still infectious and potentially pass COVID-19 on to others.*



Cyferier pob gohebiaeth at y Pennaeth Refer all correspondence to the Head teacher  
Mae'r Ysgol yn croesawu gohebiaeth yn y Gymraeg neu'r Saesneg The School welcomes correspondence in Welsh or English

*You should not take an LFT before day 5 of your self-isolation period because the risks of remaining infectious and the chances of passing the virus on to others before this period is significantly higher.*

*You do not need to continue self-isolating for more than 5 full days if you only have a cough or loss of sense of smell or taste. These symptoms can last for several weeks following a COVID-19 infection.*

***If any of the results of the LFTs you take on day 5 or 6 is positive, you should continue to self-isolate and take another test the following day. You should continue to self-isolate until you can return 2 consecutive negative LFT tests, or until day 10, whichever is sooner.***

*You do not need a negative LFT test on day 10 to leave self-isolation. However, if you still have a high temperature, you should continue to self-isolate until your temperature has returned to normal.*

*The self-isolation rules for those adults who are unvaccinated has not changed – if they test positive (on a PCR or LFT) or are a close contact they still need to isolate for 10 days.*

Yours Sincerely



Mrs Jayne Davies

Headteacher

