







Coastal Together

					
Bacton Primary	Horning Primary	Mundesley Infants/SRB	Mundesley Junior	Cantley Primary	Freethorpe Primary
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Friday 21 January 2022

Dear Parents,

Staffing in School and Isolation Rules

At present we are hoping that we will be able to have all classes at school next week, however this is dependent on having safe levels of staff to do so. With the isolation rules as they are, alongwith the potential addition of more staff absence over the weekend, this is making the organisation of arranging staff for each class very challenging. Unfortunately, this means that we may have to make the decision to move one or more classes to home learning. This may happen at short notice as staff report their test results. Clearly, we do not want to do this but we will let you know as quickly as we can, should that need to happen. Please keep an eye on your email inbox over the weekend.

With all the cases that we have and the increasing amounts of information that seems to change all the time, we are getting more questions about current isolation times. Here are the current guidelines valid as of today and the link from the NHS website:

- [When to self-isolate and what to do](#)
- [How long to self isolate](#)

If you've tested positive for coronavirus (COVID-19), you usually have to self-isolate for 10 full days. You may be able to leave self-isolation after 5 full days if certain conditions are met.

How long you need to self-isolate

If you test positive, your self-isolation period includes the day your symptoms started (or the day you had the test, if you do not have symptoms) and the next 10 full days.

If you get symptoms while you're self-isolating, the 10 days restarts from the day after your symptoms started.

When to stop self-isolating

You can do a rapid lateral flow test *from day 5 of your self-isolation period (but not before)* and another test the next day.

You can stop self-isolating if:

- both tests are negative
- you do not have a high temperature

Report your test result after each test.

You should stop testing after you've had 2 negative test results in a row.

If you stop self-isolating on or after day 6, it's important that you take steps to reduce the chance of passing COVID-19 to others.

This means you should:

- work from home if you can
- wear a face covering in shops, on public transport and when it's hard to stay away from other people – particularly indoors, in crowded places or where there is not much fresh air
- limit contact with people at higher risk of serious illness from COVID-19
- follow advice on how to avoid catching and spreading COVID-19

You can stop self-isolating after the 10 days if either:

- you do not have any symptoms
- you just have a cough or changes to your sense of smell or taste – these can last for weeks after the infection has gone.

You do not need to do any more rapid lateral flow tests after day 10 of your self-isolation period.

When to keep self-isolating after 10 days

If you have a high temperature after the 10 days, or are feeling unwell, keep self-isolating and seek medical advice.

As with all the isolation rules, please check the NHS and Government websites regularly as updates will occur.

We will continue to send out information and keep you updated as soon as possible.

Kind regards,

Abi Howett

Head of Schools