

Parentmail Update 29.03.22: Welsh Government Guidance on Self-Isolation

Dear Parent/Carer

Welsh Government Guidance 28/03/22

Self-isolation: guidance for people with Covid-19 and their contacts.

Please see the link below to access the Welsh Government Guidance.

You will see that the instruction in the Guidance now states "**should**" rather than "**must**" with reference to self-isolation.

However, as a school we will need to continue to ask that if any pupils test positive for Covid-19 they follow the guidance below on a compulsory basis and only return once the steps below have been followed.

<https://gov.wales/self-isolation#section-83765>

To summarise, the Guidance states that if any person (including pupils at the school) test positive on any Covid-19 test (PCR or LFT):

- You **should** self-isolate for 5 full days. Day 1 is the day after your symptoms started or the day you had the test, if you do not have symptoms (whichever is earlier).
- Take a lateral flow test (LFT) on day 5.

If the day 5 LFT is negative

- [Report your LFT result.](#)
- You **should** take another LFT on day 6.
- If your day 6 is also negative and you do not have a high temperature, you can leave self-isolation on day 6 as the risk you are still infectious is much lower and you can safely return to your normal routine.
- If you still have a high temperature or feel unwell, you should continue to self-isolate until it returns to normal, or you feel better.

If the day 5 or 6 LFT test is positive

- [Report your LFT result.](#)
- You should continue taking daily LFTs until you get 2 negative tests in a row, taken a day apart, or until day 10 – whichever is sooner.
- You do not need a negative LFT test on day 10 to leave self-isolation.
- If you still have a high temperature or feel unwell, you should continue to self-isolate until it returns to normal, or you feel better.

Please also find attached a letter from the Vale of Glamorgan Council's Director of Learning & Skills which explains the operational guidance for schools.

Summary of how the 5 day isolation rule works

Days	Action
0	Your symptoms begin or you test positive
1	Start counting self-isolation days
2	
3	
4	
5	Start home testing with lateral flow tests
6	From day 6 to day 8 you can end self-isolation if you have 2 negative tests on 2 consecutive days
7	
8	
9	
10	Self-isolation ends - no more testing required

Regards,

Cowbridge Comprehensive School Senior Leadership Team

Attachments

[Letter to Parents following the changes in legislation regarding Covid19.doc](#)