

Thursday 6th January 2022

Dear Families,

We are currently responding to new guidance issued with **effect from midnight last night**. The most important parts, regarding testing and isolation are detailed below.

Testing

If you are **asymptomatic**, and record **2 CONSECUTIVE positive lateral flow tests**, this means you are **confirmed 'positive' and must isolate**. **THERE IS NO NEED for a PCR to confirm now**. Please note, for this to apply the 2nd lateral flow should be done IMMEDIATELY after the first and submitted via the online portal, as per your pack guidance.

If you **have symptoms**, regardless of your lateral flow test result, you must book a PCR to confirm this as a positive result, and isolate as per previous guidance – no change.

Isolation if YOU are POSITIVE

- If a person (child or adult) tests positive for Coronavirus:
 - The 'initial advice' is to self-isolate for 10 days.
 - The self-isolation period can be cut to 7 days if there is no fever and the positive case has recorded two negative lateral flow tests (the first on Day 6 and the second on Day 7 – 24 hours MUST be between tests).

Close Contact Isolation

- If you are a close contact of someone who tests positive, **including household contacts**, and are **either under the age of 18 years and 4 months or older than that and fully vaccinated (with first, second AND booster/third doses)**:

- the requirement to self-isolate will no longer apply but you **MUST** continue to take a lateral flow test every day for 7 days. Please note, these **MUST be recorded** via the online portal.
- If you are a close contact over 18 years and 4 months and are **not** fully vaccinated:
 - you will still be required to self-isolate for 10 days and take a PCR test.

The education guidance is lengthy and comprehensive. We will issue further detail about any further changes to other aspects of school life, as soon as we are able to do so. For just now, this can be found at

<https://www.gov.scot/publications/coronavirus-covid-19-guidance-on-reducing-the-risks-in-schools/pages/changes-to-previous-guidance/>

We felt it was important to share this first aspect, as soon as possible. Please note, this ONLY applies to confirmed cases from 6th January. Those previously isolating, should continue to follow the previous guidance.

Hyndland Team