



# Lady Margaret School

## Coronavirus Information for Parents and Carers

For most people, coronavirus (COVID-19) will be a mild illness. However, if your daughter develops coronavirus symptoms:

- **she must stay at home (not come to school) and self-isolate immediately**
- **she must have a PCR test to see if she has COVID-19**

Your daughter must also stay at home:

**If she receives a positive Rapid Lateral Flow Device (LFD) test result (even if she does not have any symptoms).**

### Coronavirus Symptoms

The most important symptoms of coronavirus (COVID-19) are the recent onset of any of the following:

- **a new continuous cough**
- **a high temperature**
- **a loss of, or change in, your normal sense of taste or smell (anosmia)**

In addition to the usual COVID symptoms listed on the NHS website, **the virus can also present as “cold like” symptoms including sore throat, headache, blocked/runny nose.** If you are concerned about your daughter’s symptoms, seek medical advice.

If your daughter develops symptoms compatible with coronavirus (COVID-19), **she must begin to self-isolate.** She should also avoid contact with other household members where possible.

All other members of her household are legally required to self-isolate **unless they meet any of the following conditions:**

- **they are fully vaccinated**
- **they are below 18 years 6 months**
- **they have taken part in or are currently part of an approved COVID-19 vaccine trial**
- **they are not able to get vaccinated for medical reasons**

### If your daughter develops symptoms of Covid-19 at school

If your daughter develops symptoms of Covid-19 whilst at school she must inform her class teacher or go to Reception immediately. Parents/carers will then be notified by phone/text and she will be sent home immediately. Anyone with symptoms should avoid using public transport and, wherever possible, be collected by a member of their family or household.

### Absence reporting

If your daughter has coronavirus symptoms or has received a positive test result, you must follow the usual protocol for student absence reporting (email the school on [admin@lady Margaret.lbhf.sch.uk](mailto:admin@lady Margaret.lbhf.sch.uk) or call reception on 020 7736 7138).

## Tests for COVID-19

There are 2 main types of test currently being used to detect if someone has COVID-19:

### 1. LFD tests (mainly used for asymptomatic testing)

LFD tests are to be used by people without COVID-19 symptoms, including mass testing at schools. Your daughter should continue to test twice weekly at home, with lateral flow device (LFD) test kits, 3-4 days apart.

If your daughter receives a positive LFD test result either from a test taken at home or at an assisted testing site (eg school), **she is no longer required to take a confirmatory PCR test and must self-isolate immediately in line with the latest government guidance.** If she has symptoms and has already taken an LFD test for any reason and the result is positive, she does not need to take a follow-up PCR test.

Adults who are fully vaccinated and all children and young people aged between 5 and 18 years and 6 months identified as a contact of someone with COVID-19 **are strongly advised to take an LFD test every day for 7 days** and continue to attend their setting as normal, unless they have a positive test result.

If your daughter needs to collect another pack of LFD tests then she should come to Reception to collect a pack. Alternatively, you can collect a pack of tests from your local pharmacy.

### 2. PCR tests (mainly used for symptomatic testing)

If your daughter displays covid symptoms, she should immediately self-isolate in line with the stay at home guidance for households with possible or confirmed coronavirus (COVID-19) infection. She will also need to get a free PCR test to check if she has COVID-19.

#### Booking a PCR test

**DO NOT go to a GP surgery, pharmacy or hospital to book a test.**

- Please refer to public health guidance for details on how to book a test for your daughter. If you do not have access to the internet contact **NHS 119** by telephone.
- COVID-19 local testing information is available on the Hammersmith & Fulham website.
- Use **NHS 111 online** if you or your child feels ill and you want to know what to do next. If you have any other questions or concerns, please get in touch with the school.

**IMPORTANT: Your daughter and any members of her household who are legally required to self-isolate must stay at home while she is waiting for her PCR test result. You must then inform the school of the PCR test result as soon as possible.**

#### If the PCR test is positive:

Email the school on [admin@ladymargaret.lbhf.sch.uk](mailto:admin@ladymargaret.lbhf.sch.uk) or call reception on 020 7736 7138 and provide the following information:

- Date symptoms began
- Date PCR test was taken
- Date of PCR test results

Your daughter must remain at home and complete a 10-day isolation period from when her symptoms started, or, if she does not have symptoms, from the day her PCR test was taken.

#### If the PCR test is negative:

If your daughter feels well and no longer has symptoms similar to coronavirus (COVID-19), she can return to school and members of her household who are legally required to self-isolate can stop self-isolating. If she is

still feeling unwell, she may have another virus, such as a cold or flu - in which case it is still best to avoid contact with other people until she is better.

### **Ending Self-Isolation Early Using LFD Tests**

Your daughter may be able to end her self-isolation period before the end of the 10 full days.

From Monday 17<sup>th</sup> January, people who are self-isolating with COVID-19 will have the option to reduce their isolation period after 5 full days if they test negative with a lateral flow device (LFD) test on both day 5 and day 6 and they do not have a temperature. For example, if they test negative on the morning of day 5 and the morning of day 6, they can return to their education setting immediately on day 6.

The first test must be taken no earlier than day 5 of the self-isolation period, and the second must be taken the following day. All test results should be reported to [NHS Test and Trace](#).

If the result of either of their tests is positive, they should continue to self-isolate until they get negative results from two LFD tests on consecutive days or until they have completed 10 full days of self-isolation, whichever is earliest.

Anyone who is unable to take LFD tests or anyone who continues to have a temperature will need to complete the full 10-day period of self-isolation.

Your daughter should stop testing after she has had 2 consecutive negative test results. She should not take any more LFD tests after the 10th day of her isolation period and she may stop self-isolating after this day even if she has a positive LFD test result on the 10th day of her self-isolation period.

Refer to the [stay at home and self-isolate guidance](#) for further information.

### **NHS Test and Trace**

Anyone who tests positive for COVID-19, will receive a text, email alert or call from NHS Test and Trace with instructions of how to share details of other people in the household and any other people with whom they have had close, recent contact and places they have visited.

NHS Test and Trace will contact your daughter's close contacts to let them know that they have been identified as a contact and check whether they are legally required to self-isolate. If they are not legally required to self-isolate, they will be provided with advice on testing and given guidance on preventing the spread of COVID-19. Even if they do not have symptoms, they will be advised to have a PCR test as soon as possible.

### **What if my daughter is identified as a close contact?**

Children and young people aged under 18 years 6 months who usually attend school who have been identified as a close contact should continue to attend school as normal. Further information is available in the [stay at home: guidance for households](#).

18-year-olds will be treated in the same way as children until 6 months after their 18th birthday, to allow them the opportunity to get fully vaccinated. At which point, they will be subject to the same rules as adults and so if they choose not to get vaccinated, they will need to self-isolate if identified as a close contact.

### **Contact Tracing at School**

Schools are no longer required to carry out contact tracing. As with positive cases in any other setting, NHS Test and Trace will work with the positive case to identify close contacts. This is likely to be a small number of individuals who would be most at risk of contracting COVID-19 due to the nature of the close contact.

## **Arriving in England after International Travel**

Those who are fully vaccinated do not need to quarantine after arrival in England. The fully vaccinated rules also apply if you are under 18.

Your daughter must take a COVID-19 test after she arrives in England, before the end of day 2 at the latest (the day of arrival is day 0). This can be a lateral flow test or a PCR test.

If her test result is positive, she must self-isolate. Please refer to the latest travel guidance on [GOV.UK](https://www.gov.uk) for further details.