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Dear Parent / Carer

Thank you for informing me that your child has tested positive for COVID-19 via a lateral flow (LFD) test. Your child and the rest of the household should follow the [Stay at Home guidance](#)¹. You should report the LFD test result on the [national website](#) (or by calling 119 if you cannot use the online service). Your child no longer needs to get a PCR test to confirm their positive LFD result, unless:

- you are eligible for a [Test and Trace Support Payment](#). If you are planning to apply for this payment, you will need to arrange for your child to have a confirmatory PCR test as soon as possible
- you have received [an email or letter](#) from the NHS because of a health condition that means your child may be suitable for new COVID-19 treatments
- the LFD test was taken because you have just arrived in England after travelling to another country

Your child will need to complete a full period of self-isolation. Their self-isolation period includes the day their symptoms started (or the day their test was taken if they do not have symptoms), and the next 10 full days. They can return to the setting after completing their isolation period if they do not have a high temperature and have not had diarrhoea or vomiting within the past 48 hours.

They may be able to end their self-isolation period early (from day 6) if they receive 2 consecutive negative LFD tests, taken at least 24 hours apart. This process is summarised below, but further details can be found in the [Stay at Home guidance](#).

- They can take an LFD test on the fifth day of their isolation period, and another LFD test 24 hours later, on day 6. If both these test results are negative, and they do not have a high temperature, they may end their isolation immediately after the second negative test result and return to school.
- If an LFD test is positive, they must continue to isolate and wait a further 24 hours before taking the next LFD test. They can take further tests on subsequent days during their isolation period – days 6, 7, 8, 9 or 10.
- If two of these LFD tests taken 24 hours apart on consecutive days are negative, they can leave self-isolation immediately after the second negative result if they do not have a high temperature. Daily LFD testing can then stop.

Anyone who is unable to do these LFD tests during their isolation period, or who does not want to do them, should complete 10 full days of isolation.

You are likely to be contacted by NHS Test & Trace (NHSTT) to confirm the isolation period and identify any close contacts. They will advise you on the action other household members need to take in relation to isolation and testing. There is also additional local guidance for household contacts who attend early years settings and primary schools. This is summarised towards the end of this letter.

If any other children from our setting have had contact with your child socially (e.g. play date, party, sleepovers etc), please ensure you identify these children to NHSTT, so they can follow them up if they are close contacts.

¹ If you live in Scotland, you should follow the [guidance for Scotland](#).



Local guidance for children and young people who live with someone who has tested positive for COVID-19

- **Children in early years settings (aged under 5 years)**

Children under the age of five who live in the same household as someone who has tested positive for COVID-19 are advised to stay at home for 5 days, starting from the onset of symptoms in the household contact who has tested positive (or test date if the positive case had no symptoms).

Children are exempt from this local guidance (and can attend the setting as normal) if there are significant concerns about the impact of exclusion on the child. Children may also be contacted by NHS Test and Trace and advised to get a PCR test.

- **Children who attend a primary infant or junior school) (aged 5 years and above)**

Children in primary, infant, and junior schools (aged 5 years and above), who live with someone who has tested positive for COVID-19 can choose to follow the [national guidance](#) on daily LFD testing. They should take an LFD test every day for 7 days, or until 10 days after the household member who has COVID-19 started their self-isolation period if this is earlier. They should take this daily LFD test before they leave home for the first time that day. If they test negative on their LFD tests, they can continue to attend school, and do not need to self-isolate. Anyone who receives a positive LFD test result, or who develops COVID-19 symptoms, should immediately self-isolate.

As a local alternative to daily LFD testing, children who live in the same household as someone who has COVID-19 still have the option to stay at home. Five days after the symptoms began in the household contact who tested positive (or test date if the positive case had no symptoms), the child should get a PCR test. If the PCR is negative, they can return to school, but should isolate again immediately and get another test if they develop symptoms of COVID-19 later. Children are exempt from this local guidance if they have tested positive for COVID-19 within the past 90 days, or if there are significant concerns about the impact of exclusion on the child.

Other Information

Please contact 111 if you are concerned about any illness symptoms in your child.

Outside of daily testing periods, we encourage all secondary school aged children to self-test twice weekly with lateral flow devices.

We also recommend anyone eligible in your household gets the [COVID-19 vaccine](#) if they have not done so already.

You may be eligible for a Test and Trace Support Payment if your child has a positive test result and has to isolate. More details can be found [here](#). As described above, if you want to apply for this payment, it is important that your child gets a PCR test to confirm their positive LFD result, otherwise you may not be able to make a claim.

We know this can be an anxious time for parents / carers, so please don't hesitate to get in touch if you have any questions. We have also provided further information at the end of this letter on support available whilst your child is isolating at home.

Yours sincerely



Mr R Clark

Mental wellbeing support for children and parents

Encourage your child to talk to you or their teacher if they are feeling anxious or stressed.

Online resources to help you support your child with mental health and wellbeing, include:

- [MindEd](#) - a free educational resource on children and young people's mental health
- [Every Mind Matters](#) - an online tool and email journey to support everyone in taking action to look after their mental health and wellbeing
- [Bereavement UK](#) and the [Childhood Bereavement Network](#) - information and resources to support bereaved pupils, schools and staff
- the [DfE blog](#) - includes [mental health resources](#) for children, parents, carers and school staff

Youth Sport Trust and [Sport England](#) have advice and support on helping children and young people stay physically active.

The [NHS Your COVID Recovery website](#) has information and advice about COVID-19 and about supporting wellbeing during recovery.

NHS mental health services remain open and have digital tools to connect with people and provide ongoing support. Please use your local children and young people's mental health service when needed.