



COVID-19

There have been significant changes to national guidance with regard to testing and self-isolation. These took effect on April 1, 2022.

Full details for the new guidance for people with symptoms of a respiratory infection including Covid-19, can be found [here](#).

Universal free testing kits are no longer available today for most people. As we are already aware, but by way of reminder, regular asymptomatic testing is no longer recommended in any education or childcare setting, including in SEND, alternative provision, and children's social care settings. The updated guidance that takes effect from 1 April, makes it clear that:

- Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people. They can go back to school, college, or childcare when they no longer have a high temperature, and they are well enough to attend.
- Adults with the symptoms of a respiratory infection, and who have a high temperature or feel unwell, should try to stay at home and avoid contact with other people until they feel well enough to resume normal activities and they no longer have a high temperature.
- Adults with a positive COVID-19 test result should try to stay at home and avoid contact with other people for 5 days, which is when they are most infectious.
- For children and young people aged 18 and under with a positive Covid test, the advice is 3 days.
- Routine testing is no longer recommended for adults and it is not recommended that children and young people are tested for COVID-19 unless directed to by a health professional.
- Children and young people who go to school, college, or childcare and who live with someone who has a positive COVID-19 test result should continue to attend school as normal.
- Children and young people with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to attend their education setting.
- Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people, where they can. They can go back to school, college or childcare, and resume normal activities when they no longer have a high temperature, and they are well enough to attend.
- Children and young people who usually go to school, college, or childcare and who live with someone who has a positive COVID-19 test result should continue to attend as normal.

If your son has a temperature and/or a positive Covid test result they should not be in school and should only return as detailed above.