



CHANGES TO THE SELF ISOLATION RULES

From **Friday 21st January 2022**, anyone who obtains a positive lateral flow result will no longer require a follow-up PCR test if they do not have symptoms. Pupils who test positive testing using a Lateral Flow kit should still upload their results to the NHS reporting system. Test & Trace will still contact all positive cases to obtain close contact details and in some cases, will advise if the individual requires to obtain a PCR.

If a pupil obtains a positive result, please telephone the School Office (8.30am – 4.30pm, Monday - Friday) or alternatively email: info@omaghacademy.omagh.ni.sch.uk (after 4.30pm, Monday –Friday and at weekends)

To obtain a PCR now, you must be experiencing symptoms of Covid-19. The three main symptoms listed by NHS/PHA are:

- High Temperature - You do not require a thermometer to measure a temperature, this can be done by feeling the chest or back, if hot to the touch you will be considered to have an increased temp.
- New, Continuous cough- identified as coughing more than usual if you usually have a cough, or a prolonged coughing episode for more than an hour (3 or more episodes in 24 hours)
- Loss or Change to taste or sense of Smell.

If displaying symptoms, the isolation commences from the time these were first experienced. Isolation previously was 10 days with an opportunity to test out of isolation early on days 6 &7. However, the revised isolation guidance means individuals can now come out of isolation from day 6 with negative LFD on day 5 and day 6:

Calculating the isolation period is now as follows:

Day of symptoms commencing, or obtaining a positive result by LFD test if no symptoms experienced, now counted as 'Day zero', isolation should commence and a PCR should be booked if experiencing symptoms.

The pupil is then required to isolate for at least **5** full days.

The positive person should take a lateral flow test on the morning of day 5. If the test is negative a second lateral flow test should be taken on the morning of day 6 (24 hours after the first test).

If the day 6 test is negative, there are no new symptoms and the pupil is able to maintain a normal temperature, without the assistance of medication such as Paracetamol or Ibuprofen, they should attend school.

Should one or both tests on days 5 & 6 provide a positive result, or the pupil displays a temperature or a new symptom, they should continue to isolate and take test on day 7 and, if still positive on day 7, continue to isolate until they have taken 2 consecutive negative lateral flow tests at least 24 hours apart. Once a pupil has completed 10 days of isolation they may return to school regardless of LFD test result because the pupil is likely not to be infectious.

Pupils who have positive cases of COVID-19 in the same household should continue to take a daily lateral flow test before attending school.

Principal:
Mrs R E S Maxwell M.Sc

Vice Principal:
Mr K W J Hamilton M.Sc.
Miss W Faris M.Sc.