

On Monday 17 January the Government changed the guidance for self-isolation if you receive a positive LFT test result. The table below show you how to work out how long you should isolate for and when to take your Day 5 and Day 6 LFT tests

If you wish to return on Day 6 (following 2 negative results) you must test 24 hours apart on days 5 & 6 (before 8.30am, on both days, in order to return at the beginning of the school day).

Day tested positive LFT Test(Day 0)	Day 5 (first day to check for a negative LFT result – 5 full days after initial positive result)	Day 6 (first day to check for a negative LFT result – 6 full days after initial positive result)	Day you can return to school (if/when 2 negative PCR's recorded 24 hours apart)
Monday	Saturday	Sunday	Monday
Tuesday	Sunday	Monday	Monday
Wednesday	Monday	Tuesday	Tuesday
Thursday	Tuesday	Wednesday	Wednesday
Friday	Wednesday	Thursday	Thursday
Saturday	Thursday	Friday	Friday
Sunday	Friday	Saturday	Monday

You must not return on day 6 if either LFT test is positive – follow Government guidelines – see below: -

- The first test must be taken no earlier than day 5 (5 full days) of the self-isolation period, and the second must be taken the following day. If an individual is positive on day 5, then a negative test is required on day 6 and day 7 to release from isolation.
- It is essential that 2 negative rapid lateral flow tests are taken on consecutive days and reported before individuals return to their job or education, if leaving self-isolation earlier than the full 10-day period.
- For instance, if an individual is positive on day 5, then a negative test is required on both day 6 and day 7 to release from self-isolation, or positive on day 6, then a negative test is required on days 7 and 8, and so on until the end of day 10.
- Those who leave self-isolation on or after day 6 are strongly advised to wear face coverings and limit close contact with other people in crowded or poorly ventilated spaces, work from home if they can do so and minimise contact with anyone who is at higher risk of severe illness if infected with COVID-19.
- The default self-isolation period continues to be 10 days, and you may only leave self-isolation early if you have taken 2 rapid lateral flow tests and do not have a temperature in line with guidance.
- You can stop self-isolating at the start of day 6 if you get 2 negative rapid lateral flow test results on days 5 and 6 and do not have a temperature. **Tests must be at least 24 hours apart. If either test is positive, wait 24 hours before testing again.**
- People who are self-isolating with COVID-19 have the option to reduce their isolation period after 5 full days if they test negative with an 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 or childcare setting immediately on day 6.

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- 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 test 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.
- The new rules also apply to people who are already isolating – so if someone was already isolating before Monday 17 January, they can take LFD tests on day 5 and 6 and if they are both negative and they have no temperature they can end their isolation.
- 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.

Further [information on self-isolation for those with COVID-19](#) is available.