

1 April 2022

### Living with COVID-19 Guidance

Dear Parents / Carers

I hope that you and your loved ones are well.

On Tuesday 29 March the Secretary of State for Health set out guidance for the Government's Living with Covid strategy. The full announcement can be found here: [next steps for living with COVID-19](#).

Further to this, the government has released updated guidance for schools, which takes effect from Friday 1 April 2022. The key messages are listed here:

- *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*
- *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 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, the advice will be 3 days*

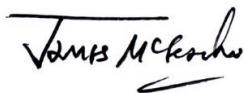
#### **Key Message for parents and carers:**

If your child has symptoms of Covid-19 **and** has a high temperature, they should stay at home and avoid contact with other people. They should only return to school when they no longer have a high temperature and feel well enough to return.

I know that many of you are disappointed that COVID-19 is still impacting on life, but it is important that we all follow these guidelines, for the safety and well-being of everyone in the school and wider communities.

Thank you for your ongoing understanding and support throughout this challenging period.

Yours sincerely,



**James McGeachie**  
CEO, Our Lady of Lourdes CMAT



**Celine Toner**  
Headteacher, Good Shepherd Primary CVA

