



CHESSWOOD JUNIOR SCHOOL

Home of Bright Sparks

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Living with COVID-19 – Next Steps

Dear Parent,

On Tuesday 29 March, the Secretary of State for Health and Social Care, Sajid Javid, set out the next steps for living with COVID-19 in England. This guidance came in to place from Friday 1st April.

End of free testing for the general public

Free testing for the general public (both lateral flow and PCR) ceased from Friday 1st April. Free COVID-19 tests will continue to be available for specific groups, including eligible patients and NHS staff, once the universal testing offer ends. Plans remain in place to enable rapid testing response should a new health threat emerge, such as a new variant of concern.

Updated guidance advises:

What to do when symptomatic

- 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 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.

What to do following a positive test (tests can be purchased from pharmacies but are not a required expectation)

- 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.

The population now has much stronger protection against COVID-19 than at any other point in the pandemic - this means we can begin to manage the virus like other respiratory infections.

Yours sincerely

Jez Himsworth
Deputy Head