

GLENWOOD SCHOOL Washington Road, Emsworth, Hampshire. PO10 7NN

Tel: 01243 373120 Headteacher: Mrs J Payne BSc (Hons), NPQH E-mail adminoffice@glenwood.hants.sch.uk

Dear Parents/Carers,

From Monday 17th January, 2022 isolation periods for Covid infections is changing. I have found this diagram from the BBC to help you understand the isolation rules from Monday. Please note the day 0 is the day the test is taken/when symptoms started and if a temperature is present isolation must continue.

≧ bbc.co.uk		
	low will the new self-isolation rules work in England?	
cutting	ow on the government's announcement it's the minimum self-isolation period for those st positive for Covid in England to five full	
	will be able to leave their home if they egative lateral flow tests on days five and	
Here's 17 Jan	how the new system will work from Monday uary.	
How f	ve-day isolation rule works in England	
	Days	
0	Symptoms begin or test taken	
1	Begin counting self-isolation days	
2		
3		
5		
4		
	Begin home testing	
4	Begin home testing	
4	Begin home testing Self-isolation can end with two negative	
4 5 6		
4 5 6 7	Self-isolation can end with two negative	

If you are unsure or have any questions, please do not hesitate to contact us and we will be happy to help.