

Court Lane Infant School
Hilary Avenue,
Portsmouth, Hampshire,
PO6 2PP
Headteacher: Mrs K Geddes
T 023 9237 8890
E inbox@courtlaneinf.co.uk
W <http://www.courtlaneinfant.co.uk>



Court Lane Junior School
Hilary Avenue,
Portsmouth, Hampshire,
PO6 2PP
Headteacher: Mrs L Flitton
023 9237 5444 T
admin@courtlanejnr.co.uk E
<http://www.courtlanejunior.co.uk> W

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Dear Parent/Carer,

Lateral Flow Testing

Thank you for your ongoing vigilance and keeping your children off school when they are unwell and notifying us of this. **Please may we remind you that if you or a family member have Covid-19 symptoms, or are going for a PCR test and awaiting the results, the individual and all members of the household must self-isolate immediately and children should not come to school.** Please ensure that you notify us of a negative test result before returning your child to school.

We would like to provide you with some additional advice around the use of Lateral Flow Device tests (LFDs). As many of you are aware, members of a household (family bubble) who have school-age children, who do not have symptoms, can now access regular, rapid coronavirus testing **for adults** to test themselves at home on a twice-weekly basis. This includes childcare and support bubbles. Undertaking regular, rapid coronavirus (COVID-19) testing helps reduce transmission of the virus.

Tests are fast, easy and completely free. There are different ways for a household, childcare or support bubble to take an asymptomatic test, twice-weekly:

- an employer, if they offer testing to employees;
- Community Testing via asymptomatic testing site;
- by collecting a home test kit from a Collection Point
- by ordering a home test kit online

If you have any queries about the tests, and you live in England, please call 119 (free from mobiles and landlines). Lines are open every day from 7am to 11pm.

Children of nursery and primary school age without symptoms are not being asked to take a test.

Testing is voluntary, but strongly recommended to all who are eligible, although this does not include children at nursery or primary schools. Alongside the vaccine, washing hands, wearing face coverings, and maintaining social distancing, rapid testing plays a vital role in reducing transmission rates. Getting into the habit of regular testing as part of our everyday lives will help us all to play our part and do what we can to protect each other.

This home testing is to identify those people who have the virus but do not have any symptoms. If you or any member of your household has symptoms which you think could be COVID-19 you should go for a PCR test at a registered testing centre and not rely on the results of the LFD home testing kit.

Q and A on Lateral Flow Device testing

Where can I collect a home test kit in Portsmouth?

In Portsmouth, LFD tests for use at home can currently be collected (in packs of 7 test kits) between 1.30pm and 7.00pm from Eldon Car Park, Southsea, PO1 2DJ and between 1.30pm and 7.00pm Unit 9, North

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Harbour Road, Cosham, PO6 3TL, with two packs being given out per person. Both sites are giving out tests for collection and use at home seven days per week. No ID is needed, and there is no need to book an appointment.

Who should use the tests?

These community tests are provided for **adult** members of the household only. **It is really important to note that Public Health England advice is that primary age children (and younger children) should not be part of the regular asymptomatic testing programme.** Secondary age pupils will receive tests from their school.

LFD tests for use at home are intended for asymptomatic testing only. Anyone in the household, including children, experiencing possible symptoms of coronavirus (a high temperature, a new continuous cough, or a loss of sense of taste or smell), should book a PCR test via the [government website](#).

What to do if an LFD test is positive

Parents must inform the school where any member of the household tests positive using an LFD test, and the whole household should immediately begin a 10 day self-isolation period.

Positive results from LFD tests used at home should be followed up with a PCR test. Self-isolation begins with the positive LFD test - families should not wait for the PCR test to begin self-isolation. If the subsequent PCR test is negative, the self-isolation can end.

What happens if I have had Covid before, or have had a vaccination?

LFD tests should not be used within 90 days of a positive PCR test. If you get a new set of coronavirus (COVID-19) symptoms within those 90 days, you will need to self-isolate again for 10 days and get a new test.

LFD tests can and should be used by anyone who has received either one or two doses of the vaccine. The vaccination will not affect either an LFD or PCR test result. It is still important to follow hands, face, space and other prevention advice following vaccination as it is still possible to get COVID-19 and pass it to others.

To keep up-to-date with information about testing in Portsmouth, search "testing" on www.portsmouth.gov.uk

Yours sincerely,

Mrs K Geddes
Headteacher (Infants)

Mrs L Flitton
Headteacher (Juniors)