

Covid Information Flow Chart based on guidance 19/1/22 - RGPS

10-day Self isolation

Day 0 – The day you first show symptoms or test positive on an LFT.

Day of Isolation

Day 0

Days 1-4

What to do

Days 0-4 Self isolate. Please contact the school office via telephone leaving a message on the absence line or filling in the website form.

Day 5

Day 5- Self-isolate and take and LFT test.
Choose a time to take your LFT test that you can do every day eg. 7am

If your test is positive
continue to self-isolate

If your test is negative
continue to self-isolate

Day 6

Day 6- Self-isolate and take and LFT test. 24 hours after your last test

If your test is negative
and day 5 was negative.
Your isolation ends and
you may return to school

If your test is positive
continue to self-isolate.
Contact the school office
to inform of the result.
Test again on day 7.

Days
7-10

Continue to test every 24 hours during isolation.

Once you have had 2 negative results, in a row, 24 hours apart you can return to school.

Day 10
at 23:59

Isolation has officially ended. You can return to school on day 11 regardless of LFT result

UNLESS you have a temperature.