

Mrs Bland's Infant School – Covid Update 25.03.22

Keeping our school community safe and well:

How long to stay at home and away from others

If you have COVID-19, you can infect other people for up to 10 days from when your symptoms start. Many people will no longer be infectious to others after 5 days.

You can do a rapid lateral flow test from 5 days after your symptoms started (or from the day you had the test if you do not have symptoms) and another the next day.

If both tests are negative and you do not have a high temperature, you're less likely to pass COVID-19 to others and you can go back safely to your normal routine.

If your test result is positive on day 5, you can carry on doing rapid lateral flow tests every day until you get 2 negative test results in a row.