



# Pentrepoeth Primary School

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28<sup>th</sup> May 2021

Dear Parents and Carers,

I have been asked by Newport City Council to pass on the information below:

## **Wider Community Testing.**

You may be aware there are now more ways to access Covid-19 testing to help identify cases in your community.

### **1. Covid testing for 3 cardinal symptoms**

If you identify one or more of the three cardinal symptoms-

- New continuous cough
- High temperature
- Change or loss of sense of taste or smell

You must book a PCR test and you and your family must isolate immediately until you receive the test result, which is usually within 24 hours. If the result is positive, you and your household must self-isolate for 10 days from the date your symptoms started. You will also be contacted by the local Tracing Team. However, if your result is negative, you can end your self-isolation, when you feel well enough to do so.

### **2. Covid testing for wider symptoms**

The Health board in Gwent is now making testing available for those who identify with one or more of the wider symptoms-

- Flu-like symptoms including aching or painful muscles, excessive tiredness, persistent headache, runny nose or blocked nose, persistent sneezing, sore throat and/or hoarseness, shortness of breath or wheezing

If you consider that you or your family need to book a PCR test for wider symptoms, *The Aneurin Bevan University Health Board are operating fourteen testing facilities across the region and getting a test is now quick, easy and convenient with results in most cases returned within 24 hours. Tests can be arranged by phoning 119 or book online: <https://gov.wales/getting-tested-coronavirus-covid-19>.*

*If you have one of the wider symptoms then you should stay away from school until receiving your result, which is usually within 24 hours.*

*If the result is positive, you and your household must self-isolate for 10 days from the date your symptoms started. You will also be contacted by the local Tracing Team. However, if your result is negative, you can return to school or work*



when you feel well enough to do so.

### 3. Asymptomatic testing (no symptoms)

Rapid lateral flow tests are for people who do not have coronavirus symptoms.

In Wales, you can get lateral flow tests for you and your household if:

- you are a volunteer
- you cannot work from home
- you are an unpaid carer

If you get tests through your employer or education setting you should continue to do so.

Order rapid lateral flow home test kits on GOV.UK. You can order 1 home testing kit (7 tests) at a time. Delivery takes 1 to 2 days.

You can also collect testing kits in person. Find your nearest collection point and opening times (on nhs.uk). You can collect 2 home testing kits (14 tests) at a time.

You should test twice a week, 3 to 4 days apart. Please report rapid lateral flow test results (on GOV.UK) the day you or someone in your household takes the test.

If your test is positive you should book a PCR test within 24 hours of the positive lateral flow test result.

If you develop any symptoms you should book a PCR test even if your lateral flow test result was negative.

Yours sincerely,

Dean Taylor  
Headteacher

