21st June 2021

Dear Parents/Guardians,

You may be aware that Covid cases are showing an increase nationally and it seems an apt moment to remind parents/guardians and students of the process regarding the use and reporting of Lateral Flow Tests (LFT) and to give an update regarding symptoms.

**Lateral Flow Tests:**

All students and staff are encouraged to take an LFT every Sunday and Wednesday evening, between 5-7pm. It is important that the results of the test are logged on the NHS portal, whether it is positive or negative result, by using this link[Report a COVID-19 rapid lateral flow test result - GOV.UK (www.gov.uk)](https://www.gov.uk/report-covid19-result).

**If the test is positive, it is crucial that you let the school know immediately by emailing** **testing@penglais.org.uk****.** Someone from the school will then call you back and then we can immediately let other students and families know not to come to school the next day. This prevents the need to organise this in the morning when everyone is already in school.

If the LFT is positive, it is also important that you book a PCR test by logging on to the website: [Get a free PCR test to check if you have coronavirus (COVID-19) - GOV.UK (www.gov.uk)](https://www.gov.uk/get-coronavirus-test) or calling 119.

**Symptoms:**

It seems that the symptoms now are slightly different and wider than the original symptoms. Hywel Dda Health Board are now asking any individuals with the following symptoms to book a PCR test:

* *Mild summer cold type symptoms – including sore throat, runny nose, headache*
* *Flu-like symptoms, including myalgia (muscle ache or pain); excessive tiredness; persistent headache; runny nose or blocked nose; persistent sneezing; sore throat and/or hoarseness, shortness of breath or wheezing*
* *Generally feeling unwell and a history of being in contact with a known COVID-19 case*
* *Any new or change in symptoms following a previous negative test*

The following information has been published on the Hywel Dda website:

[People with wider symptoms urged to book a COVID-19 test - Hywel Dda University Health Board (nhs.wales)](https://hduhb.nhs.wales/news/press-releases/people-with-wider-symptoms-urged-to-book-a-covid-19-test/)

Thank you for your continued co-operation. I hope that we will be able to get through the last four weeks of term with as little disruption as possible. Should you have any further questions, please contact admin@penglais.org.uk.

Yours sincerely,



Ms M Hughes

Pennaeth/Headteacher