

Date: 25/09/2020

FOR PARENTS OF POSSIBLE CLOSE CONTACTS OF COVID-19 at Woodston Primary School – Year 5

### **Advice for child to self-isolate for 14 days**

Dear Parent,

We have been notified of a confirmed case of COVID-19 within the school, in Year 5.

We have followed the national guidance and have identified that your child may have been in close contact with the affected child. In line with the national guidance, we recommend that your child now stay at home and self-isolate until **Monday 5th October (14 days after the child who tested positive, was last in school)** to reduce the further spread of COVID-19 to others in the community.

If your child is well at the end of the period of self-isolation ( Friday 2<sup>nd</sup> October) then they can return to usual activities.

Other members of your household can continue normal activities provided your child does not develop symptoms within the 14 day self-isolation period. For further information, visit <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

### **What to do if your child develops symptoms of COVID 19**

If your child develops symptoms of COVID-19 (a high temperature, a new persistent cough or a loss of, or change in, normal sense of taste or smell), they should remain at home for at least 10 days from the date when their symptoms appeared.

They should also arrange for a test to be carried out at the earliest opportunity. To book, visit <https://www.nhs.uk/ask-for-a-coronavirus-test> or phone 119.

For most people, coronavirus (COVID-19) will be a mild illness.

All other household members/members of your support bubble who remain well must stay at home and not leave the house for 14 days. This 14-day period starts from the day when the first person in the house became ill. This will greatly reduce the overall amount of infection the household could pass on to others in the community

**Even if your child tests negative, they will need to complete the full 14 days of self-isolation, however the rest of the household can now carry out their activities as normal, provided that they do not have COVID compatible symptoms themselves.**

If you can, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period

## **Further advice**

If your child has developed symptoms and you require further advice, visit <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/> or phone 111.

## **How to prevent the spread of COVID-19**

There are several steps you can take to help reduce prevent the spread of the virus. These are:

- Wash your hands with soap and water often – do this for at least 20 seconds
- Use hand sanitiser gel if soap and water are not available
- Wash your hands as soon as you get home
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin immediately and wash your hands afterwards

Yours sincerely

Mrs Jacki Mitchell

Headteacher