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FOR PARENTS OF CLOSE CONTACTS OF COVID 19 at HALL GREEN PRIMARY SCHOOL

Advice for Child to Self-Isolate for 10 Days

Dear Parent,

We have been advised that there has been a confirmed case of COVID-19 in **Reception**.

We have followed the national guidance and have identified that it is likely that your child may have been in close contact with the affected individual. In line with the national guidance we recommend that your child now stays at home and self-isolates until and including Thursday 15th July (10 days after contact). Therefore your child can return to school on Friday 16th July unless they have shown symptoms in the meantime.

We are asking you to do this to reduce the further spread of COVID-19 to others in the community.

If your child is well at the end of the 10 day period of self-isolation, then they can return to school and their usual activities.

Other members of your household can continue normal activities provided your child does not develop symptoms within the 10 day self-isolation period.

Any siblings should continue to attend school as usual unless they develop symptoms of COVID-19. Please remember that you cannot bring children who are self-isolating onto the school site. We understand that this may cause problems for some of you, but ask that you do your best and perhaps consider the offers of help that are already being offered by other parents.

Please see the link to the PHE Staying at Home Guidance

https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection

During the period that they have to stay at home, your child will be set activities by their teachers. We expect all children to complete the work set for them each day in order not to lose any further valuable learning.

What to do if your child develops symptoms of COVID 19

- If your child develops symptoms of COVID-19, they should remain at home for at least 10 days from the date when their symptoms appeared.

- Anyone with symptoms will be eligible for testing and this can be arranged via https://www.nhs.uk/ask-for-a-coronavirus-test or by calling 119.

- All other household members who remain well must stay at home and not leave the house for 10 days. The 10-day period starts from the day when the first person in the house became ill.

- Household members staying at home for 10 days will greatly reduce the overall amount of infection the household could pass on to others in the community

- If you are able, 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.

Symptoms of COVID 19

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough and/or
- high temperature and/or
- a loss of, or change in, normal sense of taste or smell (anosmia)

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

If your child does develop symptoms, you can seek advice from NHS 111 at https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/ or by phoning 111.

How to stop COVID-19 spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with COVID-19

Do

- 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

Further Information

Further information is available at

https://www.nhs.uk/conditions/coronavirus-covid-19/

Yours sincerely

Miss K Heng

(Headteacher)