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25th June 2021

FOR PARENTS / CARERS OF CLOSE CONTACTS OF COVID-19 at 24/06/2021

Advice for child to self-isolate for 10 days

Dear parent or carer,

We have been made aware that we have a confirmed positive case of coronavirus (COVID-19) at Stanford Junior and Infant School.

We are working closely with Public Health England (PHE) and have identified that your child has been in close contact with the individual who has had a positive test result for coronavirus (COVID-19).

In line with the national guidance, your child must stay at home and self-isolate until **23:59 on Sunday 4th July 2021** (10 full days after contact i.e if, for example, the last contact was at any time on the 15th of the month the isolation period ends at 23:59 hrs on the 25th.)

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

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

For more information, please see the guidance for contacts of people with confirmed coronavirus (COVID-19) infection who do not live with the person:

www.gov.uk/government/publications/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person

What to do if your child develops symptoms of coronavirus (COVID 19)

Having been identified as a close contact, if your child then develops symptoms of coronavirus (COVID-19), they should remain at home for at least 10 full days from the date when their symptoms appeared.

Symptoms of coronavirus (COVID-19) are a new, continuous cough, or a high temperature, or a loss of, or change in, their normal sense of taste or smell (anosmia).

Anyone with symptoms will be eligible for a PCR test - this is the type of test that is normally available and can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119.

People who do not have symptoms or have not tested positive using a Lateral Flow Device should not request a PCR test unless this has been specifically requested by Public Health England or the local authority.

All other household members who remain well must stay at home and not leave the house for 10 days. This includes anyone in your 'Support Bubble'.

The household isolation period includes the day the first person in your household's symptoms started (or the day their test was taken if they did not have symptoms) and the next 10 full days. This means that if, for example, your 10 day isolation period starts on the 15th of the month, your isolation period ends at 23:59 hrs on the 25th and you can return to your normal routine..

Household members should not go to work, school or public areas, and exercise should be taken within the home or private garden. If you require help with buying groceries, other shopping or picking up medication, or walking a dog, you should ask friends or family. Alternatively, you can order your shopping online and medication by phone or online.

By self-isolating for 10 full days, you are reducing the risk of the virus spreading to other people in your community, including people who are more vulnerable.

If you are able, try to arrange for any vulnerable individuals (such as the elderly and those with underlying health conditions) to move out of your home to stay with friends or family for the duration of the home isolation period. If that is not possible, anyone with symptoms should try and stay as far away as possible from vulnerable members of your household.

For more information, please read PHE's 'Stay 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>

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

If your child does develop symptoms, you can seek advice from the nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>. If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> or by phoning 111.

How to stop coronavirus (COVID-19) spreading

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

- 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 is available at

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

Yours sincerely



Mrs L Hackfath
Headteacher