

Date: 7<sup>th</sup> July 2021

## FOR PARENTS OF CLOSE CONTACTS OF COVID 19 AT ANKERMOOR

### **Advice for Child to Self-Isolate for 10 Days**

Dear Parent,

We were advised by Public Health England at the beginning of the school day that there has been a confirmed case of COVID-19.

We have followed the national guidance and have identified that your child has been in close contact with the affected individual. In line with the national guidance, we recommend that your child now stay at home and self-isolate until 16<sup>th</sup> July 2021, returning on this day.

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 days period of self-isolation, then they can return to usual activities.

Other family members including other children in your household can continue normal activities provided your child does not develop symptoms within the 10-day self-isolation period.

To help identify COVID-19 cases that would otherwise go undetected, your child can take a COVID PCR test even if they don't have symptoms. To book a test online go to <https://www.nhs.uk/ask-for-a-coronavirus-test> or call 119.

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>

### **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 after 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.

### **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

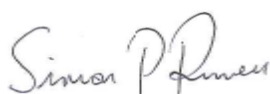
### **Further Information**

Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Can I take the time to thank staff for acting so quickly in this matter and also parents for your understanding and support. We are now busy preparing work for the children; this will be sent out as soon as possible.

Please keep in touch via email, telephone or Tapestry. We are always here to help.

Stay safe and take care,



Simon Russell  
Headteacher