

21 December 2020

Dear parent/carer

We have been made aware that a member of our Academy community has tested positive for COVID 19. We are working closely with Public Health England to follow the guidance and ensure we implement appropriate measures.

A small number of students who have been in direct, prolonged contact with the individual who has tested positive for COVID-19, have been contacted directly and will be self-isolating for 10 days.

For all other students, including your child, no action is required. This is as a result of the effective protective measures we currently have in place at the Academy.

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 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. This includes anyone in your 'Support Bubble'. **You do not need to get tested unless you display symptoms.** Further guidance is available at: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

The 10-day period starts from the day when the first person in the house became ill. Household members should not go to work, childcare setting, school, college or public areas and exercise should be taken within the home. 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 online or by phone.

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
- 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 you or 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

- 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



Mr Ged Rae
Principal

