

21 December 2020

Dear parent/carer

Important COVID-19 information

We have been advised by Public Health England that a member of our Academy community has been positively confirmed as having contracted COVID-19.

You were contacted today, by phone, to inform you that your child has been identified as having been in contact with this positive case. This means **your child must self-isolate up to and including Monday 28 December 2020**. Anyone else living in the same household does not need to self-isolate UNLESS someone in your household displays Covid-19 symptoms.

You do not need to get your child tested for Covid-19 unless they display symptoms.

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 – this may mean they have to stay at home beyond 28 December 2020. Anyone with symptoms should seek a test 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'.

Further information 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 only.

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.

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

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

- a new continuous cough

- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

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

If your child or anyone in the household 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

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

Yours sincerely



Mr Ged Rae
Principal