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Advice for Child to Self-Isolate for 14 Days – Maple and Beech Class

Dear parent or carer,

As you know, we have been made aware that we have a confirmed positive case of coronavirus (COVID-19) at Chesterton Primary School. Thank you for your co-operation this morning with making arrangements at very short notice and for the many supportive messages that we have received.

We have followed the national guidance and have identified that your child's class has been in close contact with the affected person. In line with the national guidance, your child must unfortunately stay at home and **self-isolate until midnight on Friday 30th October**. Maple Class and Beech Class will therefore remain closed for the rest of this week, re-opening after half-term on Tuesday 3rd November.

If your child is well at the end of the 14 days period of self-isolation, then they can return to usual activities from Saturday 31st October onwards.

Other members of your household, including siblings attending school, can continue normal activities provided your child does not develop symptoms within the 14 day self-isolation period. **If you have an issue with dropping off and/or collecting older children who are still in school due to not being able to leave your self-isolating child at home, please contact the school office to discuss possible alternative arrangements.**

Please see the link to: Guidance for contacts of people with confirmed coronavirus (COVID-19) infection who do not live with the person

<https://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 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.

If your child does develop symptoms and requires a test, even during the half-term holiday, please notify the school office at the earliest opportunity.

People who do not have symptoms should not request a 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 14 days. This includes anyone in your 'Support Bubble'.

The 14-day period starts from the day when the first person in the house became ill.

Household members should not go to work, school 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 phone or online.

Household members staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community

If possible, 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.

Please see the link to the PHE '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>

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 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 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,

Iain Horner
Headteacher

