



Christ Church CE VC Primary School

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14 July 2021

FOR PARENTS OF CHILDREN WHO ARE A CLOSE CONTACT OF CONFIRMED CASE

Advice for child to self-isolate for 10 Days

Dear Parent/ Carer

We have become aware of a confirmed case of COVID-19 within the school and following a thorough risk assessment with Public Health England your child has been identified as a close contact of the confirmed case.

In line with the national guidance your child will need to stay at home and self-isolate until and including Thursday 22 July 2021 (10 days after contact). You are asked to follow this guidance to reduce the further spread of COVID 19 to others in the community.

If your child is well at the end of the 10 day period of self-isolation, they can return to usual activities. **They must self-isolate for 10 days even if they test negative during that time.**

Other members of your household can continue normal activities unless your child or another member of the household develops symptoms during that time.

Full guidance for contacts of people with confirmed coronavirus (COVID-19) infection who do not live with the person can be found at:

<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 or another member of the household develops symptoms of COVID 19?

If your child or another member of the household develops symptoms of COVID-19, they should arrange a test via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119 and remain at home with the rest of the household while waiting for the result.



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VAT No: GB501-6248-82

If the test is positive, the individual will need to isolate for at least 10 days from the date when their symptoms appeared. All other household members must also stay at home and not leave the house for 10 days. This includes anyone in your 'Support Bubble' – defined here - <https://www.gov.uk/guidance/making-a-support-bubble-with-another-household>. The 10-day period starts from the day when the first person in the house became ill with coronavirus symptoms.

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 10 days will greatly reduce the overall amount of infection the household could pass on to others in the community

If possible, move any vulnerable individuals (such as the elderly and those with underlying health conditions) 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 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/>

Yours sincerely

A handwritten signature in black ink, appearing to read 'Neil Baker', written in a cursive style.

Neil Baker

Headteacher