

11.09.20



### Advice for Child to Self-Isolate for 14 Days

Dear parents and carers of children in BADGER CLASS

We have been advised by Public Health England that there has been a confirmed case of COVID-19 within the school.

As the child who tested positive has been without any symptoms throughout, and the test was undertaken for other reasons, it is not absolutely certain whether your child may have been exposed.

To take a precautionary approach we have agreed with Public Health England to follow national guidance as if the exposure has taken place. We have identified that your child has been in contact with the affected child. We recommend that your child now stay at home and self-isolate until **25<sup>TH</sup> SEPTEMBER.**

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

Other members of your household can continue normal activities provided your child does not develop symptoms within the 14 day self-isolation period.

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.

All other household members who remain well must stay at home and not leave the house for 14 days.

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

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 you are able to, 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

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## 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
- Keep two metres apart from people who are not in your household
- Wear a face covering (people aged over 11 years) in public places

## Further Information

Further information is available at

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

## On-line Learning

We will be in touch with parents of children in Badger Class on Monday to share learning activities and help you access the online learning provision we have set up through Google Classroom.

Best wishes



David Sansom

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