Letter for parents of close contacts of a confirmed COVID-19 case in a school: Advice for child to self-Isolate for 14 days

Dear parent

We have been notified of a confirmed case of COVID-19 within the school.

Your child has been identified as a close contact of the confirmed case. In line with the national guidance your child is advised to self-isolate for 14 days since the last contact with the confirmed case. The date of last contact with a confirmed case is day zero. The 14 day self-isolation period will end on 14th December.

If your child is well at the end of the 14 day period they will be able to return to school on 15th December. 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 arrange for a COVID test. This can be done via https://www.nhs.uk/ask-for-a-coronavirus-test or by calling 119.

If their test is negative they must still continue to self-isolate for the 14 day period, regardless of the negative test result.

If their test is positive they will need to self-isolate for **10 days** from the date when their symptoms start. All your household members must self-isolate for 14 days.

The date of symptom onset is day zero.

https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection.

General COVID information

Symptoms
The most common symptoms of coronavirus (COVID-19) are recent onset of:
- recent onset of new continuous cough or
- high temperature 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 you are concerned about your child's health or the health of anyone else in your house please seek advice from your GP or NHS 111 by phoning 111.

There are things you can do to reduce the risk of getting 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

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