

## Letter for parents of close contacts of a confirmed COVID-19 case in a school: Advice for child to self-isolate for 10 days

Dear parent

We have been notified of a confirmed case of COVID-19 within the school. I know that this is difficult news to be sharing as we start the Christmas holidays. Schools have been designated the responsibility of carrying out track and trace during the first part of the holiday; which is why you are being contacted today.

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 10 days since the last contact with the confirmed case. The date of last contact with a confirmed case is day zero. The 10 day self-isolation period will end on **Sunday 27<sup>th</sup> December.**

Please contact us at [info@riverbankprimary.org](mailto:info@riverbankprimary.org) if you need any help, support or further information.

If your child is well at the end of the 10 day period they will be able to return to school on 5<sup>th</sup> January. Other members of your household can continue normal activities provided your child does not develop symptoms within the 10 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 10 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 10 days.

The date of symptom onset is day zero.

River Bank Primary School, Bath Road, Luton LU3 1ES

Telephone: 01582 531860 Email: [info@riverbankprimary.org](mailto:info@riverbankprimary.org) Web: [www.riverbankprimary.org](http://www.riverbankprimary.org)

Active Education Academy Trust is a charitable company limited by guarantee registered in England and Wales Registered Office: Wigmores Hall, Eaton Green Road, Luton LU2 9JB

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## 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

David Sansom

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