

21 September 2020

Dear

LETTER FOR PARENTS OF CLOSE CONTACT OF COVID 19 AT HAYGROVE SCHOOL

ADVICE FOR CHILD TO SELF-ISOLATE FOR 14 DAYS

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

We have followed the national guidance and have identified that [redacted] has been in close contact with the affected child. In line with the national guidance we recommend that [redacted] should now stay at home and self-isolate until 28 September 2020, 14 days after the initial contact.

Children are currently being informed of the situation and will be asked to leave the school site imminently via their usual means of arriving/leaving school. Those who use school transport will need to make alternative arrangements for collection. If your child has a mobile phone, please liaise directly with your child to arrange transport home. Alternatively, please contact the school office if you need to liaise with staff. If you need to collect your child from school, please use the bus lay-by as a pick up point. Children will only be released from school if they have indicated that it is safe for them to do so and they have a means of returning home.

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 period of self-isolation, then they can return to usual activities on 29 September 2020.

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

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 .

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 you are able can, 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

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C:\Users\lohalloran\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Outlook\HCJGYSBO\2020-09-21 - Letter for parents of close contact of COVID19 - advice to self isolate.docx

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