

30/06/2021

**FOR PARENTS OF CLOSE CONTACTS OF A CONFIRMED CASE OF COVID 19 at Old Moat Primary School.**

**Instruction to Self-Isolate until the end of 9<sup>th</sup> July 2021.**

Dear Parent/Carer,

We have been advised that there has been a confirmed case of COVID-19 within the school. We have followed the national guidance and have identified that your Year 5HC child has been in close contact with the affected person. In line with the national guidance, **your child must now stay at home and self-isolate up to and including** Friday 09.07.2021, which is 10 days since they were last in contact with the confirmed case, and can return to school on Monday 12.07.2021.

In calculating the self-isolation end date, we have used the official national test and trace guidance under which the date of last contact with the positive case is considered to be day 0 of a 10 day self-isolation period. For example if a child / staff member last had contact with the confirmed case on 1st December (day zero), this would mean day one is the 2nd of December, day ten of self-isolation is the 11th December and the child/staff member can return to school on day eleven i.e. the 12th December.



**Executive Headteacher:** Mrs. J. Ashcroft

If your child is well at the end of the period of self-isolation, then they can return to usual activities. A negative test does not mean that your child can return to school earlier than the period of self-isolation.

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

Please see the link to the PHE Staying at Home Guidance for contacts who do not live with the confirmed case of Covid-19:

<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/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, you should arrange for testing for your child via <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested> or by calling 119. Whilst waiting for the test result, all other members of the household should stay at home and self-isolate.

If the test result is positive, all other household members must stay at home and not leave the house for 10 days 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 the test result is positive, your child will be required to self-isolate for a period of 10 days from the day that their symptoms started.

If your child's test result is negative, anyone in your household who is isolating solely because of your child's symptoms can stop isolating.

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 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.

Please visit the link to PHE guidance for households with possible Covid-19 infections:

<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:

- 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.

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## 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 'O. Kerr', written in a cursive style.

Mr O. Kerr

Headteacher