

## **Advice to All Parents in Indigo Class - Warn and Inform**

Dear Parents,

We have been advised that there has been a confirmed case of COVID-19 within your child's class. Anyone who has been identified as a close contact is legally required to self-isolate, and to provide further advice if requested.

The school remains open and your child should continue to attend as normal if they remain well. Please be reassured that for most people, coronavirus (COVID-19) will be a mild illness.

### **How to stop coronavirus (COVID-19) spreading**

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus (COVID-19):

- get vaccinated – everyone aged 16 and over can [book COVID-19 vaccination appointments](#) now
- wash your hands with soap and water or use hand sanitiser regularly throughout the day
- 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
- meet people outside and avoid crowded areas
- open doors and windows to let in fresh air if meeting people inside
- wear a face covering when it's hard to stay away from other people – particularly indoors or in crowded places
- participate in twice weekly LFD testing following national guidelines (recommended for 11 years and over). We encourage you to log your results here: <https://www.gov.uk/log-test-site-covid19-results>

### **Further information**

Further information is available at [nhs.uk/coronavirus](https://nhs.uk/coronavirus)

Yours sincerely  
Headteacher

## **What to do if your child develops symptoms of coronavirus (COVID-19) or tests positive for COVID-19**

The most common symptoms of 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)

If your child does develop symptoms, they should get a PCR test and remain at home at least until the result is known. [Get a free PCR test to check if you have coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](https://www.gov.uk/get-a-free-pcr-test-to-check-if-you-have-coronavirus). If positive, the child should isolate for 10 days after their symptoms appeared.

If you are concerned about your child's symptoms, you can seek advice from NHS 111 at <https://111.nhs.uk/> or by phoning 111.

Any pupil who has received a positive COVID-19 test result from either an LFD or PCR test must self-isolate at home for 10 days.

They may be able to leave the self-isolation period before the end of the 10 full days by taking a LFD test from the fifth day of the isolation period, and a second LFD test taken at least 24 hours later. If both these test results are negative, and the child or young person does not have a high temperature, they can end their self-isolation after the second negative test result.

For example:

- Tested positive or symptoms started on 15th of the month
- 20th: Take an LFD test on day 5 at 7.30am – negative
- 21st: Take an LFD test on day 6 at 7.30am – negative
- The pupil can attend school at 8:55am on day 6

Individuals who are still positive on their rapid lateral flow tests must stay in isolation until they have had 2 consecutive negative tests taken on separate days 24 hours apart.

The default self-isolation period continues to be 10 days, and you may only leave self-isolation early if you have taken 2 negative rapid lateral flow tests and do not have a temperature in line with guidance.

This guidance also applies to children under 5, with LFD testing at parental or guardian discretion. Any pupil who is unable to test using LFDs must isolate for the full 10 days.

### **Children and young people aged 5 to 18 years 6 months who are identified as a close contact of a confirmed COVID-19 case**

All pupils aged between 5 and 18 years and 6 months identified as a contact of someone with COVID-19 are no longer legally required to self-isolate. They are

strongly advised to take an LFD test every day for 7 days and continue to attend their education setting as normal unless they have a positive test result or develop symptoms themselves. Children under 5 years are exempt from self-isolation if they are identified as a close contact and do not need to take part in daily testing.

We are aware that getting hold of LFDs is difficult currently, but the advice is to keep trying as LFD stocks are released through the day.

More detailed information is also available in the updated government guidance - What parents and carers need to know about early years providers, schools and colleges - GOV.UK ([www.gov.uk](http://www.gov.uk))

### **Instructions for people who live in the same household as someone with COVID-19**

From 16 August, [you will not be required to self-isolate if you are a contact of someone who has tested positive for COVID-19](#) and any of the following apply:

- you are fully vaccinated (with an MHRA approved COVID-19 vaccine in the UK, and at least 14 days have passed since you received the vaccine.
- you are below the age of 18 years 6 months
- you have taken part in or are currently part of an approved COVID-19 vaccine trial
- you are not able to get vaccinated for medical reasons

NHS Test and Trace will contact you to let you know that you have been identified as a contact and check whether you are legally required to self-isolate.

Even if you are vaccinated, you can still be infected with COVID-19 and pass it on to others. If you are identified as a contact of someone with COVID-19 but you are not required to self-isolate, you can help protect others by

- limiting close contact with other people outside your household, especially in enclosed spaces
- wearing a face covering in enclosed spaces and where you are unable to maintain social distancing
- limiting contact with anyone who is clinically extremely vulnerable
- taking part in [regular LFD testing](#)

You should follow this advice while the person in your household with COVID-19 is self-isolating. Those who are [clinically extremely vulnerable](#) should be supported to minimise their contact with other people in the household during this period, regardless of whether others have symptoms or not.

You may be eligible for a Test and Trace Support Payment or other help. Please visit <https://www.stockton.gov.uk/our-council/coronavirus-covid-19-housing-welfare->

[and-financial-support/test-and-trace-support-scheme/](#) or call 01642 524500 for more details.