



10th March 2021

FOR PARENTS/CARERS OF CLOSE CONTACTS OF COVID 19 CASE IN YEAR 11

Advice for Student to Self-Isolate for 10 Days

Dear Parent/Carer

As part of the lateral flow testing on campus this morning we have identified a confirmed case of COVID-19 within our Year 11 cohort.

The tests have extremely low rates of false positives. LFD tests taken on test sites, such as on school and college grounds, do not need a confirmatory PCR test. This is because these tests are done in a controlled environment and trained staff read the results.

If a pupil or student received a supervised school-based LFD test, as part of the rapid asymptomatic testing programme, and it was positive then they and other members of their household must self-isolate. PCR testing is not advised if you have received a positive result from an LFD test at a school or college test site. If a parent was to do this and it returned a negative result, the policy remains that the pupil or student, their close contacts, and other members of their household must still self-isolate.

Students should continue to do their LFD testing whilst isolating, also ensuring they complete one immediately prior to their return to school.

We have examined timetables and seating plans and have identified that your son/daughter has been in close contact with the affected person. In line with the national guidance we recommend that your child now stays at home and self-isolates until **Saturday 20th March 2021 inclusive**, returning to school on **Monday 22nd March 2021**.

If your child is well at the end of the 10 day period of self-isolation, then they can return to usual activities.

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: [Guidance for contacts of people with confirmed coronavirus \(COVID-19\) infection who do not live with the person CASES](#)

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 10 days. This includes anyone in your 'Support Bubble'.

The 10-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 10 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: [STAY AT HOME GUIDANCE](#)

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 [NHS - CHECK IF YOU HAVE 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 is available at: [NHS CORONAVIRUS/COVID 19 INFORMATION](#)

Yours sincerely



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