



10 May 2021

FOR PARENTS/CARERS OF CLOSE CONTACTS OF COVID 19 CASE IN YEAR 7

Advice for Student to Self-Isolate for 10 Days

Dear Parent/Carer,

Further to the letter sent to you on Friday regarding a positive LFD test I can now advise that a PCR test has confirmed a positive result.

Therefore, in line with the national guidance we recommend that your child now stays at home and self-isolates until **Sunday 16th May inclusive**, returning to school on **Monday 17th May 2021**.

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

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, 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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