

Advice for child to self-isolate for 10 days

Dear Parents and Carers,

Isolation advice

Following a confirmed case of COVID-19 in our setting, we have undertaken a risk assessment and have identified that your child has been in close contact with a person who is a confirmed case of COVID-19. In line with the national guidance, your child needs to now stay at home and self-isolate up to and including Monday 5 July, returning to school on Tuesday 6 July. 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 10 days 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 the PHE Staying 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>

What to do if your child develops symptoms of COVID 19

If your child develops symptoms of COVID-19, **you should organise for your child to be tested** via the [NHS online portal](#) or by calling 119. Your household should isolate until you receive the test results and are provided with advice on what to do next.

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.

Please remember, close contacts of confirmed cases need to isolate for 10 days, even if they themselves test negative for COVID-19. This is because you could still be incubating the virus for up to 10 days after contact.

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:

- keep a safe distance (at least 2 metres) away from people you do not live with or who are not in your support bubble.
- Reduce the time spent in crowded areas where it may be difficult to social distance
- 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
- clean surfaces often, paying particular attention to surfaces touched often (e.g. light switches or electronic devices)
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze. Dispose of tissues into a rubbish bag immediately and wash your hands.
- wear a face covering in indoor spaces where social distancing may be difficult.
- Keep indoor spaces as well ventilated as possible – let the fresh air in, even if for a short period a day.

Isolation payment

Parents and carers of children who have been advised to self-isolate by their education setting or by NHS Test and Trace are now able to apply for a [Test and Trace Support Payment](#) or discretionary payment of £500, if they meet the eligibility criteria. The payment is to support parents and carers who are unable to attend work due to childcare responsibilities. You can apply for the payment via the local authority in which you live. Please contact the school for more details if you require this.

Further information about COVID-19 is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Yours sincerely



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Head Teacher