



Date: 14<sup>th</sup> November 2020

FOR PARENTS OF CLOSE CONTACTS OF COVID 19 at Britannia Community Primary School

### Advice for Child to Self-Isolate for 14 Days

Dear Parent/Guardian of **Year 6B**

We have been advised by Public Health England that there has been a confirmed case of COVID-19 within the school.

We have followed the national guidance and have identified that your child has been in close contact with the affected child. In line with the national guidance your child must now stay at home and self-isolate until the end of the day on WEDNESDAY **25<sup>TH</sup> NOVEMBER 2020**. **Children will return to school on THURSDAY 26<sup>TH</sup> NOVEMBER 2020**. Please note that you will not necessarily be contacted by NHS Test and Trace as the school has been asked to identify all school contacts.

Self-isolation means the child/staff member should

- Not go to school, work or public places
- Not attend any other out of school activities or go around to a friends house
- Not use public transport or taxis
- Not go out to shop – order it online or ask a friend to bring it to your home
- Not have visitors in your home except for people providing essential care
- Not go out to exercise – exercise at home or in your garden, if you have one
- Inform GP practice or hospital or other healthcare setting that they are self-isolating if they must attend in person

Further advice on self-isolation is available from:

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

We are asking you to do this to reduce the further spread of COVID 19 to others in the community.



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If your child is well at the end of the 14 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 14 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

<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>

### **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 14 days. This includes anyone in your 'Support Bubble'.

The 14-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 14 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:

<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

*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
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### Further Information

Further information is available at

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

### Home Learning Arrangements:

There is home learning already uploaded on the Home Learning page on the website for each year group. On the Year Group page, you will find two plans, one with internet access and one if you have no internet access. The preferred plan to use is the one WITH internet access, as this follows on from the work being done in school. This work should be completed in the exercise book that children have already been provided with. On Monday 16<sup>th</sup> November, children will be contacted via phone call by a member of the class team to check that everyone knows where the learning is. On Tuesday 17<sup>th</sup> November, children will have their first Google Meet session at 9.30 a.m. via Google Classroom. There will be another Google Meet session at 2.00 p.m. to discuss the learning completed. It is essential that children complete the work set each day and try to stick to a timetable of English and Maths in the morning and Curriculum in the afternoon. Children should email their work to the teachers each day and they will receive feedback from the teachers. If anyone requires hard copies, please contact school. If you have any queries about the class learning, please contact the class teacher via their email which can be found on the class webpage.

Yours sincerely

N Longstaff

Headteacher