

20.12.20

## **FOR PARENTS OF CLOSE CONTACTS OF COVID 19 AT GRANGE PARK PRIMARY SCHOOL**

### **Advice for Child to Self-Isolate for 10 Days**

Dear Parent

We have been advised by Public Health England that there has been a confirmed case of COVID-19 within the school. The case is a child in the year 1 Extend Bubble.

If your child was in Afterschool school club on **Thursday 17 December** in line with the national guidance your child must stay at home and self isolate until **Sunday 27 December** (including this date), which is 10 days after contact.

If your child was in Afterschool school club on **Wednesday 16 December** (and not on Thursday 17 December) in line with the national guidance your child must stay at home and self isolate until **Saturday 26 December** (including this date), which is 10 days after contact.

If your child wasn't in the Afterschool club on either Wednesday 16 December or Thursday 17 December, your child doesn't have to self isolate.

If your child is well at the end of the 10 days period of self-isolation, then they can return to usual activities. They can then return to school at the start of the spring term on **Monday 4 January**.

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

<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 .

People who do not have symptoms should not request a test unless this has been specifically requested by Public Health England or the local authority.

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:

<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 the nhs.uk website at

<https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>. If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> 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**

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

If you have any questions regarding the positive coronavirus case at school please [click here](#) to submit your question. We will be posting answers to the questions on the [website](#) as soon as we can.

Thank you for your understanding during this difficult time.

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**Grange Park**  
Primary School

Kind regards  
Tijen Hassan  
**Headteacher**