

12th October 2020

**Crosshall Junior School
Direct and Proximity Contacts
Advice for Child to Self-Isolate for 14 Days**

Dear Parent/Carer

We have been made aware that we have a confirmed positive case of coronavirus (COVID-19) at Crosshall Junior 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 stay at home and self-isolate until Friday 23rd October, on which day he/she can return.

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 .

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 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, 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/>

Further information from Head Teacher

The letter above was provided by Public Health England and I am required to send this out, but I want to provide some further information.

I recognise that receiving this letter may be upsetting and frustrating. Our students, families and school have done all that has been asked, but simply sitting in a classroom, next to someone who has tested positive, requires action to prevent further spread.

Since receiving notification that one of our students has tested positive, I have spoken to Public Health England. This is currently an isolated case and requires all those (staff or students) who have been in close contact with the infected student, to self-isolate for 14 days. I have therefore:

- been in contact with the child's parents;
- spoken with the child's teachers;
- identified any friendship groups, that may have been in close proximity to the child while infected.

In all the cases above, the time period stretches from two days prior to the child having a positive test.

If further cases develop in this year group, the resulting actions may be different.

The infected student in this case did not experience the common symptoms identified above and is fine and recovering.

School Work

The children have been set work on the Google Classroom. Please contact the school office should you need advice.

Finally, I appreciate how challenging this situation is for you and your family.

If you require any support, please don't hesitate to contact the school.

Unfortunately, this may not be the only letter of this type in 2020 – 21, but we are a strong community and we get through this together.

Yours sincerely

Anne Eardley

Head Teacher