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## FOR PARENTS OF CLOSE CONTACTS OF COVID-19 at Bewdley Primary School

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

Dear Parent,

First of all, can I apologise for the brief text message and I am sorry if this has caused alarm – we needed to get the information out quickly and it would have taken a long time to call 60 numbers.

We have been advised by Public Health 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 in Year 3 has been in close contact with the affected individual. In line with the national guidance, we ask that your child now stays at home and self-isolates until 18<sup>th</sup> November 2020.

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

At the end of the 14 day period of self-isolation, if your child is well, then they can **return to usual activities on 18<sup>th</sup> November 2020**. Other members of your household can continue normal activities provided your child does not develop symptoms within the 14-day self-isolation period. This means that any siblings can come into school during this time as long as no one in the household develops symptoms.

Please see the link to the Public Health England 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 any symptoms of COVID-19 they should remain at home for at least 10 days from the date when their symptoms started. Anyone with symptoms will be eligible for testing and this should be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119.

All other household members, even if well, must stay at home and not leave the house for 14 days.

The 14-day period starts from the day when the first person in the house became ill.

Household members staying at home for 14 days will greatly reduce the amount of infection the household could pass on to others in the community.

If your child has symptoms, try and keep them as far away from other members of your household as possible. It is especially important that they stay away from anyone who is clinically vulnerable or clinically extremely vulnerable with whom you share a household.

### **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

### **Further information**

Further information is available at:

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

Yours sincerely



Headteacher