



Children are at the centre of everything we do

Friday 18 December 2020

FOR PARENTS OF CLOSE CONTACTS OF COVID 19 CASE at Greenway Nursery and Primary School

Advice for Child to Self-Isolate for 10 Days

Dear Parent/Carers,

We have been made aware that we have a confirmed positive case of coronavirus (COVID-19) at Greenway.

We have followed the national guidance and, following a risk assessment with Public Health England (PHE) advisers, have identified that all Reception children and Reception staff have been in close contact with the individual who has had a positive test result for coronavirus (COVID-19).

In line with the national guidance, your child must stay at home and self-isolate from the last contact with the confirmed case, **until midnight 26 December 2020**, even if your child has had a negative COVID test result during this period. **This means that during this time your child cannot leave the house even though this is within the Christmas holidays.**

For more information as to what your child may/may not do during this period of self isolation, please see the 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>.

In summary, self isolation means that:

- Your child **must not leave** your home for 10 days because they have or might have coronavirus (COVID-19). This is to help stop the virus spreading to other people. The reason for the 10 day period is that it can take this long for symptoms to show.
- Your child **cannot** visit family, friends or attend any activities or parties even if these are outdoors. They must only exercise at home, either inside or in the garden. They **cannot** go shopping with you; attend religious events or services or use public transport or taxis. They **cannot** go to any out of school clubs or activities.

- If your child has any pre-booked appointments eg dentist/optician these should be rearranged for when the period of self isolation has ended. They can leave home to seek urgent medical assistance or on the advice of a registered medical practitioner.

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.

Other members of your household will not be expected to self isolate and can continue normal activities, provided your child does not develop symptoms within the 10 day self-isolation period at which point your entire household must self isolate immediately.

If the entire household needs to self isolate, 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.

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. If that is not possible, anyone with symptoms should try and stay as far away as possible from vulnerable members of your household.

For more information, please read Public Health England's '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>

If your child is well at the end of the 10 day period of self-isolation, then they can return to their usual activities and attend school, when it re-opens in January.

What to do if your child develops symptoms of coronavirus (COVID 19)

Having been identified as a close contact of a confirmed case, if your child develops symptoms of coronavirus (COVID-19), you should arrange for them to have a COVID-19 test as soon as possible.

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 if you do not have access to the internet.

If their test is negative, your child must still continue to self-isolate for the 10 day period regardless of the negative test result.

If their test is positive, they will need to self isolate for 10 days from the date when their symptoms started. All household members must self-isolate for 10 days. This includes anyone within your 'support bubble'.

The date of when symptoms started is counted as Day Zero.

General COVID-19 Information

Symptoms of coronavirus (COVID-19) are a new, continuous cough, **or** a high temperature, **or** a loss of, **or** change in, their normal sense of taste or smell (anosmia).

If you are not sure whether you or your child's symptoms suggest that they have coronavirus or an everyday cold/cough you can consult this online NHS symptom checker <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>.

For most people coronavirus (COVID-19) will be a mild illness. 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 coronavirus (COVID-19) spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus (COVID-19):

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

I am so sorry to be sending this letter to you at this time and appreciate that it may well impact on plans you have made for the Christmas break. I really do appreciate that this is not a letter that you will welcome, but I do urge you all to adhere to the procedures outlined, so that we can all keep safe.

Finally, may I please remind you to be respectful of each other. As you may recall, the Local Authority has sadly been made aware of individuals who have tested positive for Covid-19 and of their families being shamed and harassed on social media. I am sure you will agree that this is unacceptable and so the Local Authority are looking at how they can support schools to help reduce the stigma attached to testing positive and encouraging people to be kind to one another. *I would hope that if any member of the Greenway community finds themselves in this situation you will support and remain respectful towards them.*

Yours sincerely

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