

**Monday 17<sup>th</sup> January**

**Subject:** Case of Covid-19 in Year 3M

Dear Parent/ Carer,

We have been made aware of another case of Covid-19 within our Year 3M, Miss McNicholas' class.

**All children aged 5 to 18 years and 6 months, regardless of their vaccination status**

**In line with recent national guidance, if children are identified as a contact of someone with COVID-19 they should take an NHS rapid lateral flow test every day for 7 days to help slow the spread of COVID-19. If the lateral flow is negative, they can continue to attend school.**

**Under 5s**

Under 5s are exempt from self-isolation as a contact and do not need to take part in daily rapid lateral flow testing.

**What if my child's lateral flow tests is positive?**

If your child has a positive LFD test, they should self-isolate and book a confirmatory PCR test within 2 days. If the PCR test result is positive, your child **must** isolate and you should notify the school at the earliest opportunity.

It may be possible to end self-isolation after 6 days, following 2 negative LFD tests taken 24 hours apart (from day 5 and day 6 of the isolation period). The first LFD test should not be taken before the sixth day. If either of the LFD tests taken on day 5 or 6 are positive, or your child has a high temperature, they must continue to isolate until they have 2 consecutive negative LFD results or 10 days (whichever is sooner). If you are unable to obtain LFD tests, then the full 10 day isolation must be completed.

**From the 11<sup>th</sup> January:**

If you have a positive LFD test, you may not need to follow this up with a confirmatory PCR. You need to report your result at [Report a COVID-19 rapid lateral flow test result - GOV.UK \(www.gov.uk\)](https://www.gov.uk/report-a-covid-19-rapid-lateral-flow-test-result).

You will need to book a confirmatory PCR test if any of the following apply:

- You have symptoms of Covid-19, the main symptoms are a new continuous cough, a high temperature and a loss of, or change in, normal sense of taste or smell (anosmia)
- You are eligible for a £500 Test and Trace Support Payment (TTSP) you will need to complete a confirmatory PCR to be eligible to apply for this

## **Ordering tests**

**LFD tests** – you can get a box of 7 lateral flow tests free of charge from NHS Test and Trace either through pharmacies, home delivery by ordering online or contacting 119.

**PCR Tests** - can be booked via <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested> or by calling 119.

## **What should I do if my child develops symptoms of Covid-19?**

If your child develops symptoms of Covid-19, they must isolate immediately and you should arrange a PCR test for your child via <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested> or by calling 119.

Please visit the link to Public Health England's guidance for households with possible Covid-19 infections: <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 are the Symptoms of Covid-19?**

For many people, coronavirus (Covid-19) will be a mild illness. 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).

However, people frequently present with a wider range of symptoms. Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>.

## **How can you stop Covid-19 spreading?**

There are lots of simple things you can do in your everyday life to help reduce the risk of you and anyone you live with getting Covid-19 or spreading it:

- Wash your hands regularly with soap and water 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;
- Allow ventilation into your house or workplace by opening windows and doors;
- Try to meet people outdoors if possible;
- Put used tissues in the bin immediately after using them and then wash your hands;

- Take regular Lateral Flow Device (LFD) tests at least twice a week. These can be ordered for home delivery from <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

Many thanks for your ongoing support in keeping our staff, pupils, families, and community safe.

Yours sincerely,

A handwritten signature in black ink, appearing to be 'M Mountcastle', written in a cursive style.

M Mountcastle