

Thursday 6<sup>th</sup> January

## **Warn and Inform**

Dear Parent/ Carer,

We have been advised that there has been a case of COVID-19 within Mrs Marshall's class, Year 5M.

In line with the national guidance, children aged under 18 years are no longer required to self-isolate if they are a close contact of someone who has tested positive for COVID-19. Your child and other members of your household can continue normal activities provided your child does not develop symptoms or test positive.

### **Action Needed**

**The advice presently has not been updated in line with current announcements however as your child is likely to be a close contact, Public Health are asking for your child to take daily lateral flow tests. This will help us to identify and isolate cases, prevent onward transmission and minimise our case rates. If this test is positive, they must isolate for 10 days but this can be reduced to 7 if there are two negative results 24 hours apart (on day 6 and 7).**

### **What to do if your child develops symptoms of COVID-19**

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

If the test result is positive, your child will be required to self-isolate for a period of 10 days from the day that their symptoms started. Please inform us if your child has a positive test result.

If your child's test result is negative, they can continue with their normal activities if they are well enough to do so.

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>

### **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).

However, people frequently present with a wider range of symptoms. If you or your child feel newly unwell and you are concerned, then please access a PCR test. For many people, coronavirus (COVID-19) will be a mild illness.

### **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 COVID-19:

- 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>

### **Test and Trace Support Payments**

If a person is asked to self-isolate by NHS Test and Trace and is on a low income, unable to work from home and will lose income as a result, they may be entitled to a payment of £500 from their local authority under the Test and Trace Support Payment scheme. This now applies to parents/ carers who cannot work from home and will lose income by self-isolating or staying at home to care for the child.

Further details are available via: <https://www.gov.uk/test-and-trace-support-payment>

### **Further Information**

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

Please remember, although COVID-19 is circulating in the community, usual childhood illnesses are too; and it is important that these are not missed. Please contact your GP or NHS111 if you are worried; or call 999 if seriously unwell.

Yours sincerely,

M Mountcastle