



Sunday 21<sup>st</sup> March 2021

Dear Parent/Carer

I am very sorry to inform you that we have had a positive case of COVID 19 of a member of the Year 1 Bubble. As a close and/or direct contact, it is now necessary for all other members of the bubble to self-isolate for a period of 10 days from their last contact with that member of the bubble. This means that your child now needs to isolate until Monday 29<sup>th</sup> March 2021. Both Year 1 classes will be closed until that date.

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

**There is no need to have your child tested at the moment.**

If your child is well at the end of the 10 days period of self-isolation, then they can return to usual activities. A negative test does not mean that your child can return to school or other activities any earlier than 10 days.

**Other members of your household can continue normal activities provided that your child does not develop symptoms within the 10 day self-isolation period.**

Please see the link to the PHE 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 symptoms of COVID-19, they should remain at home for at least 10 days from the date when their symptoms appeared as advised in

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

If they develop symptoms, you should arrange for testing for your child via

<https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested> or 111.nhs.uk or primary care. All other household members who remain well must stay at home and not leave the house for 10 days.

The 10-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.

Household members staying at home for 10 days will greatly reduce the overall amount of infection the household could pass on to others in the community

If you are able to, 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

### **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

- 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,

Mr David Potter

Head Teacher