



St. John's Church of England Middle School

Date: 18th December 2020

Requirement for Your Child to Self-Isolate for 10 Days

Following confirmation that one of our pupils tested positive for COVID 19, we have been advised by Worcestershire County Council Outbreak Team that a number of our pupils need to isolate. If your child was not in school on Monday 14th December and Tuesday 15th December, please disregard this letter.

We have followed the national guidance and have identified that your child has been in close contact with the affected individual. In line with the national guidance we recommend that your child now stay at home and self-isolate until **Thursday 24th December 2020** (10 days after contact).

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

If your child is well at the end of the 10 days period of self-isolation, then they can return to usual activities.

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

Please see the link to the National Guidance:

<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/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person>

<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, after consultation with Public Health WCC Local Outbreak Response Team (LORT), the date advised for self-isolation may change. We will contact you if there is any change.

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.

Please inform the school if your child develops symptoms of COVID-19 and/or tests positive for COVID-19 before Wednesday 23rd December. If your child receives a positive result after this date you will be required to inform NHS Track and Trace. All other household members, even if 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 staying at home for 10 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/>

For COVID related support including during self-isolation, contact Here2Help on 01905 768053 or use the web link at www.worcestershire.gov.uk/here2help

For health-related support visit Starting Well (Herefordshire & Worcestershire Health & Care NHS Trust): <https://www.startingwellworcs.nhs.uk/covid19>

Yours sincerely



Mrs A Elwell
Head of School