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FOR PARENTS OF CLOSE CONTACTS OF COVID 19 at Chaucer Junior School Advice for Child to Self-Isolate

Dear Parent,

Following a confirmed case of COVID-19 within the Year 4 bubble, we have followed the advice from Public Health England.

We have identified that some of the children in the Year 4 bubble may have been in contact with the affected person. In line with the national guidance, we are closing the Year 4 bubble with immediate effect. All members of this bubble are to stay at home and self-isolate until Saturday 26th September. To be clear self-isolation ends at midnight on Friday 25th September and children should not come to school tomorrow.

Due to the timing of the test result, Public Health England have confirmed that some of the isolation period has already lapsed and therefore it will be complete on the above date.

Your child's class teacher will contact you with arrangements for remote learning during this period. This will be sent via both text message and Seesaw later tonight. There will be an opportunity for a class Zoom call at 9:30am tomorrow morning. You will be able to ask any questions you may have but due to data protection, we are unable to disclose any details about the confirmed case. If you do not want your child to take part in the Zoom call, then the teacher will contact you separately.

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 period of self-isolation, then they can return to usual activities.

PLEASE NOTE:

Other members of your household can continue normal activities provided your child does not develop symptoms within the 14 day self-isolation period.

We recommend that your child is not in contact with anyone who is vulnerable in your family or friendship circle.

Please see the link to: 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>

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. 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 .

All other household members who remain well must stay at home and not leave the house for 14 days. This includes anyone in your 'Support Bubble'.

The 14-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. 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.

Household members staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community

If you are able can, 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

Please see the link to the PHE '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>

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/>

Yours sincerely

Anna Upton
Headteacher



