

Date: 01/02/2022

FOR PARENTS OF CLOSE CONTACTS OF INDIVIDUAL WITH COVID 19

Dear Parent/Carer,

There has been a confirmed case of Covid-19 within the school.

Using national guidance your child has been identified as a close contact and they are recommended to carry out daily lateral flow tests for 7 days.

You can order lateral flow tests through this website: [Order coronavirus \(COVID-19\) rapid lateral flow tests - GOV.UK \(www.gov.uk\)](https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests)

Other members of your household can continue normal activities provided your child does not develop symptoms or test positive.

What to do if your child develops symptoms of COVID 19 or tests positive on LFD

- If your child develops symptoms of COVID-19 they should self-isolate immediately and obtain a PCR test as soon as possible.
- If your child tests positive on LFD, they are required to immediately self-isolate for 10 days but do not require a PCR.

To end the self-isolation earlier the child can take an LFD test from day 5 after symptoms started (or the day the test was taken if there were no symptoms) and another at least 24 hours later. If both tests are negative and the child does not have a high temperature self-isolation may end. The testing should not begin before the fifth day of the isolation period. **You should stop testing after 2 consecutive negative test results.** If for any reason LFD tests cannot be carried out the child must complete 10 days self-isolation.

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 & 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 & wash your hands afterwards

It is important that we all do everything can to reduce the spread of Covid and ensure our hospitals are able to cope over the coming winter months.

Thank you, as always, for your support.

Yours sincerely

Headteacher