

## **FOR PARENTS/CARERS OF CLOSE CONTACTS OF COVID 19 at SBL Academy**

### **Advice for child to self-isolate for 10 days from last day of contact.**

Dear Parent/Carer

#### **Isolation advice**

In line with national guidance, we have identified your child as a close contact of a positive case of COVID-19. We are asking your child and others who may have had had close contact with the student who has tested positive to now stay at home and self-isolate. The date your child needs to isolate **up to and including** will be in the text message that has been sent to inform you. This will be 10 days from the date the positive case last attended school in line with the national guidance.

Please note that your child has been identified in line with national guidance for schools, on what constitutes a close contact and therefore the whole year group will not be asked to self-isolate at this point.

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 self-isolation (**date confirmed in text message sent to you**) they can return to usual activities.

Other members of your household can continue normal activities provided your child does not develop symptoms within the self-isolation period. If your child develops symptoms, your whole household should then self-isolate and you should arrange for a test.

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, **you should organise for your child to be tested** via the [NHS online portal](#) or by calling 119. Your whole household should isolate until you receive the test results giving the all clear. If your child has a positive result confirmed then please complete the [form](#) on our website to report this to us. Please note that you will not be required to notify the school in the period after midday on Thursday 24 December 2020 to 3 January 2021. The link to the email form will be removed from the school websites during this time. The process for notification via this form will restart on Monday 4 January 2021.

When COVID-19 symptoms start, the person is infectious 2 days before this and up to 10 days afterwards. If your child gets symptoms over the first weekend of the holidays and goes on to test positive, it can impact on others in their class who will also need to isolate. Please complete the form on the website to notify us that your child has received a positive test result.

If your child develops symptoms on Monday 21 December 2020 onwards and goes on to test positive it is unlikely to affect your child's year group bubble in the same way but we still need to be informed. Please submit the [form](#) on the Academy website.

## 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.**

## 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

## Flu vaccination

We would like to take this opportunity to remind you and your family to have the flu vaccination if you are eligible for this, especially if you are in a risk group. You can find out about risk groups and whether you are eligible for a flu vaccine at the [NHS Flu vaccine overview](#).

## Further information

Further information is available at

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Thank you for your support and understanding in this – we have followed guidance from the Department for Education in this decision and continue to work under national guidance.

Yours faithfully



**Mr D Anderson**  
**Principal**