



## ST MARY'S Catholic Primary School

Melbourn Road, Royston, Hertfordshire SG8 7DB Tel: (01763) 246021

Thursday 28<sup>th</sup> January 2021

Dear Parent and Carers,

We have been notified of a confirmed case of coronavirus (COVID-19) within the school.

Your child has been identified as a close contact of the confirmed case(s). In line with the latest national guidance, your child must self-isolate for 10 days since the last contact with the confirmed case. The date of last contact with a confirmed case is described as day zero. The 10 day self-isolation period will end on **Saturday 6<sup>th</sup> February**. Self-isolation means that they cannot leave the house.

### **If your child is asked to self-isolate as part of a school bubble but does not have symptoms**

If your child is part of a school bubble but does NOT have symptoms they may be asked to self-isolate:

- Self-isolation means your child **does not** leave the home for 10 days because they have or might have coronavirus (COVID-19). This is to help stop the virus spreading to other people. The reason for 10 days is because it can take that long for symptoms to show
- Your child(ren) should **not** leave the house and cannot visit family, friends or attend any activities or parties, even if these are outdoors. They must only exercise at home, either inside or in the garden. They **cannot** go shopping, attend religious events or services or use public transport or taxis. They **cannot** go to any out of school clubs (including sports and dance classes)
- If your child(ren) has any routine pre-booked appointments, such as dentist or with an optician, these should be rearranged for when the self-isolation period has ended. They can leave home to receive urgent medical assistance or on the advice of a registered medical practitioner
- Being sent home **does not** mean that your child(ren) has coronavirus and you should **not** book a test for your child(ren), unless they develop symptoms
- Other members of your household will not be expected to self-isolate due to the child(ren) being sent home in a school bubble unless the child develops symptoms, in which case the rules on testing and self-isolation apply above.
- If your child(ren) develops symptoms while self-isolating at home, your entire household must self-isolate immediately and you should book a test for those with symptoms.





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If your child is well at the end of the 10 day period, they will be able to return to school on **Monday 8<sup>th</sup> February**. Other members of your household can continue normal activities without the affected child(ren) provided your child(ren) does not develop symptoms within the 10 day self-isolation period.

### What to do if your child develops symptoms of COVID-19

- If your child develops symptoms arrange for a COVID-19 test. This can be done online at [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) or by calling 119 if you do not have access to the internet.
- Only book a test if your child(ren) or other member of your household develops symptoms so there are enough tests for those in need.
- **If their test is negative**, they must still continue to self-isolate for the 10 day period, regardless of the negative test result.
- **If their test is positive**, they will need to self-isolate for 10 days from the date when their symptoms started. All household members must self-isolate for 10 days.
- The date of when symptoms started is counted as day zero.

### General COVID information

#### Symptoms

- a high temperature
- a new, continuous cough - this means coughing a lot, for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to sense of smell or taste - this means they cannot smell or taste anything, or things smell or taste different to normal

If you are not sure whether you or your child's symptoms suggest that they have coronavirus or an everyday cough or cold, you can consult this online NHS symptom checker: <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

For most people, coronavirus (COVID-19) will be a mild illness. If you are concerned about your child's health or the health of anyone else in your household please seek advice from your GP, use NHS 111 online <https://111.nhs.uk/> or call NHS 111.

### There are things you can do to reduce the risk of getting 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





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- wash your hands as soon as you get to your destination
- 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 is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Thank you for your co-operation, we wish those affected by coronavirus (COVID-19) a speedy recovery and we look forward to welcoming your child(ren) back when it is safe for them to return.

Yours sincerely

Julia Pearce

Head Teacher

