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October 8th 2020

Dear Parents and Carers,

Please read the following guidance about self-isolation carefully.

If you have been told to self-isolate than you should not leave the family home for any reason. This applies to children who have been sent home from school because there has been a positive case or to adults who have been in close contact with someone who has tested positive (See below)

What you must NOT do when self-isolating

- **do not** go to work, school or public places – work from home if you can
- **do not** go on public transport or use taxis
- **do not** go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- **do not** have visitors in your home, including friends and family – except for people providing essential care
- **do not** go out to exercise – exercise at home or in your garden, if you have one

You must self-isolate if any of the following is true:

- you are sent home from school because you have been in contact with someone who has tested positive for coronavirus
- you have any symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)
- you've tested positive for coronavirus – this means you have coronavirus
- you live with someone who has symptoms or tested positive
- someone in your support bubble has symptoms or tested positive
- you're told to self-isolate by NHS Test and Trace or the NHS COVID-19 app
- you arrive in the UK from a country with a high coronavirus risk

I understand that the above rules are difficult to follow but we all need to do our part to prevent transmission of the virus.

Thank-you

Richard Stone

Headteacher