

## **FOR PARENTS OF CLOSE CONTACTS OF COVID 19 at FOSSE PRIMARY SCHOOL**

### **Advice for Your Child to Self-Isolate**

#### **Children and staff in Year 5 must self isolate and not come into school on Monday 5<sup>th</sup> October**

Dear Parents/carers,

We have been advised by Public Health England that there has been a single, confirmed case of COVID-19 within the school.

We have followed the national guidance and have identified that your child has been in close contact with the affected person. In line with the national guidance we recommend that your child now stay at home and self-isolate. We are awaiting more guidance on the length of time for self-isolate but it is likely that children will be able to return on Thursday 15<sup>th</sup> October. We are basing this on the last date that the affected person was in school.

We are taking a cautious, safety-first approach to the situation and as a result are asking all children and staff that have been working in Years 5 to self isolate; we are asking you to do this to reduce the further spread of COVID 19 to others in the community. At present, we only have one case and have no evidence that there has further transmission. I understand that you will be concerned so please do not hesitate to contact us for further support next week.

If your child is well at the end of the period of self-isolation, then 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. This includes siblings who should attend school as normal as long as no-one in your household has symptoms.

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/>

## **Home Learning**

Home learning information will be on the school website at <https://www.fosse-pri.leicester.sch.uk/year-5-2/>. Staff will be available all week to support your child as we were during the lockdown earlier in the year. If you have any problems please do not hesitate to contact the school or teachers direct - [sbrain@fosse-pri.leicester.sch.uk](mailto:sbrain@fosse-pri.leicester.sch.uk) [clong@fosse-pri.leicester.sch.uk](mailto:clong@fosse-pri.leicester.sch.uk)

I fully understand how difficult this will be for you and your family. Our main concern needs to be that we support the children who may also, of course, be feeling anxious.

Thank-you for your support.

Best Wishes

Richard Stone  
Headteacher  
Fosse Primary School