

23 March 2021

Dear Parent/Carer

FOR PARENTS OF CLOSE CONTACTS OF A COVID 19 CASE AT APPLETON ACADEMY

Advice for Child to Self-Isolate for 10 Days

We have been advised by Public Health England that there has been a confirmed case of COVID-19 at Appleton Academy.

We have followed the national guidance and have identified that your child has been in close contact with the affected pupil. In line with the national guidance we request that your child now stay at home and self-isolate until Monday 29 March 2021. The reason for this period of self-isolation is as follows:

The child was last in school on Friday 19 March 2021 but had no symptoms at this time and they and their parent had no reason to believe they were unwell. Unfortunately, the child began showing symptoms on Saturday 20 March 2021 and parent sought a test. Sensibly, the parent and child began self-isolating as soon as the symptoms began and we thank them for this. The parent and pupil received their test result and advised the Academy of the positive test on the morning of Tuesday 23 March 2021. The child who has tested positive was not in school on Monday 22 March 2021 (as mentioned).

We are asking your child to self-isolate to reduce the further spread of COVID-19 to others in the community.

If your child is well at the end of the 10-day 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 10-day self-isolation period.

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 10 days. This includes anyone in your 'Support Bubble'.

The 10-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 10 days will greatly reduce the overall amount of infection the household could pass on to others in the community.

If you are able to do so, please 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/>

Yours faithfully

A handwritten signature in black ink that reads "Helen Jones." The signature is written in a cursive style.

Ms H Jones
Executive Headteacher