



Coleham Primary School

For every child, an Excellent Education

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Deputy Headteacher: Mr T Larkham

November 10th 2020

Dear Parents and Carers,

FOR PARENTS OF CLOSE CONTACTS OF COVID 19

Advice for Child to Self-Isolate up to and including 20th November 2020.

We have been made aware that we have a confirmed positive case of Coronavirus (COVID-19) at Coleham linked to the 6X class bubble.

We have followed the national guidance and have identified that **your child has been in close contact with the affected individual** 48 hours prior to their onset of symptoms. In line with the national guidance **your child must stay at home and self-isolate up to and including Friday 20th November 2020**. This means that they can resume normal activities on **21st November 2020**, provided your child or any other household member does not develop any symptoms.

If your child or a member of your household start to display symptoms, please let us know immediately and arrange a test for those individuals. We will then be able to calculate and track new isolation dates.

Other members of your household can continue normal activities provided your child or any other household member does not develop symptoms within the self-isolation period. Siblings are expected to attend school as normal.

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>

PLEASE READ THE INFORMATION ON THE ATTACHED PAGE FROM PUBLIC HEALTH ENGLAND.

We apologise for the inconvenience that this period of isolation may cause you. However, it is essential that we work together following the guidance to slow the spread of the virus. 6X will be provided with home learning via Seesaw and Zoom calls for all of the Year 6 children who are self-isolating will begin as soon as possible. Please log onto your child's Seesaw account for more details. You will also receive regular phone calls from school during this period. If you need any support with *Seesaw*, such as devices or log in codes, please contact Mr Larkham: larkham.t@colehamprimary.co.uk

Yours sincerely,

Claire Jones
Headteacher

INFORMATION FROM PUBLIC HEALTH ENGLAND

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.

People who do not have symptoms should not request a test unless this has been specifically requested by Public Health England or the local authority.

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 have any vulnerable individuals (such as the elderly and those with underlying health conditions) living in your household and you are able to do so, move them 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

For most people, coronavirus (COVID-19) will be a mild illness. 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)*

If your child does develop symptoms, you can seek advice from the nhs.uk website at

<https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>

If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at

<https://111.nhs.uk/> 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/>