



## St Wulstan's Catholic Primary School

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Principal: Mrs K Savage



### FOR PARENTS OF CLOSE CONTACTS OF COVID-19 at St Wulstan's Catholic Primary School

#### Requirement for Your Child to Self-Isolate for 10 Days

Dear Parents/Carers

We have been informed by Public Health England local health protection team that there has been a confirmed case of COVID-19 within the school, as identified by NHS Track and Trace. All contacts of a confirmed case must follow the national guidance, stay at home and self-isolate for 10 days. This is because it can take several days following contact before an individual develops symptoms or the virus can be detected.

We have followed the national guidance and have identified that **your child** has been in close contact with the affected individual. In line with national legislation, your child must now stay at home and self-isolate until the end of ..... (10 days after last contact) as required by the Public Health, England, The Health Protection (Coronavirus, Restrictions) (Self-Isolation) (England) Regulations 2020.

We are asking you to do this to reduce the further spread of COVID-19 to others in the community.

**THIS REQUIREMENT MEANS NOT LEAVING YOUR HOME AT ALL FOR THE FULL 10 DAYS.**

**At the end of the 10 day period of self-isolation, if your child is well, then they can return to usual activities on .....**

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 the National Guidance:**

<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/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person>

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

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

If your child develops any symptoms of COVID-19 they should remain at home for at least 10 days from the date when their symptoms started. Anyone with symptoms will be eligible for testing and this should be arranged by calling 119 or via <https://www.nhs.uk/ask-for-a-coronavirus-test>.

**Please inform the school if your child develops symptoms of COVID-19 and/or tests positive for COVID-19.**

All other household members, even if well, must stay at home and not leave the house for 10 days. The 10-day period starts from the day when the first person in the house became ill.

Household members staying at home for 10 days will greatly reduce the amount of infection the household could pass on to others in the community.

If your child has symptoms, try and keep them as far away from other members of your household as possible. It is especially important that they stay away from anyone who is clinically vulnerable or clinically extremely vulnerable with whom you share a household.

**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 COVID19:

**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 is available at: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Yours sincerely

Mrs KE Savage

Principal