



4th July 2021

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Advice for child to self-isolate

Dear Parent/ Carer

We have become aware that a child in year 10 has tested positive for coronavirus after taking a lateral flow test last night. This case seems to be linked to a series of cases which can be traced back to an event in the community on Tuesday 29th June. Following a thorough risk assessment with Gloucestershire Public Health your child has been identified as a close contact of one of the students who has tested positive. As a precautionary measure your child must now isolate whilst we await the results of a confirmatory PCR test.

If the PCR test is returned negative your child will be able to return to school immediately.

However if the PCR test is returned positive your child will need to isolate for 10 days (returning to school on Thursday 15th July). You are asked to follow this guidance to reduce the further spread of COVID 19 to others in the community. Please continue to use the lateral flow tests provided by school during this period. If your child is well at the end of the 10 day period of self-isolation, they can return to usual activities. **They must self-isolate for 10 days even if they test negative during that time. During this period your child should access online lessons through Microsoft Teams (as per lockdown).**

Other members of your household can continue normal activities unless your child or another member of the household develops symptoms during that time.

Full guidance for contacts of people with confirmed coronavirus (COVID-19) infection who do not live with the person can be found at:

<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 or another member of the household develops symptoms of COVID 19?

If your child or another member of the household develops any symptoms of COVID-19, they should arrange a PCR test via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119 and remain at home with the rest of the household while waiting for the result.

If the test is positive, the individual will need to isolate for at least 10 days from the date when their symptoms appeared. All other household members must also stay at home and not leave the house for 10 days. This includes anyone in your 'Support Bubble' – defined here - <https://www.gov.uk/guidance/making-a-support-bubble-with-another-household>. The 10-day period starts from the day when the first person in the house became ill with coronavirus



symptoms.

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 possible, 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





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Further information is available at

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Yours sincerely

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