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@grange\_first

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## **WHOLE SCHOOL: FOR PARENTS/CARERS OF THOSE WHOSE CHILDREN ARE NOT CLOSE CONTACTS OF SOMEONE WITH COVID-19**

### **Advice to All Parents and Carers**

Dear Parents and Carers

We have been advised that there has been a confirmed case of COVID-19 within the school and all close contacts have been informed. Your child has **not** been in close contact with the infected person.

This letter is to inform you of the current situation and provide advice on how to support your child.

### **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 their symptoms first started. Anyone with symptoms can have a test.

To book a test either call 119 or go to the NHS website at [www.nhs.uk/ask-for-a-coronavirus-test](http://www.nhs.uk/ask-for-a-coronavirus-test)  
All other people in your household who remain well must also stay at home and not leave the house until the test result is known. This includes anyone in your 'support bubble'.

When the result is known further advice will be given.

### **Common symptoms**

Please be reassured that, for most people, coronavirus (COVID-19) will be a mild illness.

The most common symptoms of COVID-19 are:

- a new continuous cough and/or
- a high temperature and/or
- a loss of, or change in, normal sense of taste or smell.

Remember: Anyone with any of these symptoms should get tested for COVID-19. They and those in their household must stay at home. If the person is confirmed as having COVID-19 they and their household must stay at home to self-isolate for 10 days.



## 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:

Remember; '**H**ands, '**F**ace, '**S**pace':

- Wash your hands with soap and water often – do this for at least 20 seconds or 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.
- Try to stay at least 2 metres from anyone you don't live with at all times.
- Use a face covering when social distancing is not possible.

Yours sincerely

Matt Ward (Head Teacher)

