

Discovery Multi Academy Trust
Beechwood Primary Academy,
Rockfield Avenue, Southway, Plymouth
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T: 01752 706361
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Chief Executive Officer: Mrs Alison Nettleship
Chair of the Board: Mrs Julia Guy



13th March 2020

Dear Parents and Carers

Following the recent announcement regarding COVID-19, there is new advice about staying at home. If your child has the symptoms of coronavirus infection (COVID-19), however mild, they must stay at home and are not to leave your house for **seven days from when their symptoms started**.

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- **new continuous cough, and/or**
- **high temperature**

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

Please contact the school via the normal absence procedures to report your child's absence either through calling the school reception on 365250.

It is imperative that you quote self-isolation due to Corononavirus symptoms as the reason for absence. Your child must remain at home for a full seven days from the first day of absence.

You do not need to contact us daily once notification has taken place, however, if Coronavirus is confirmed please update us so we can safeguard the rest of the school community.

The government advise that you do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after seven days contact NHS 111 online. If you have no internet access, you should call NHS 111. For a medical emergency dial 999.

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DISCOVERY
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Coronavirus: What you need to do



**Wash your
hands**



**Use a tissue
for coughs**



**Avoid touching
your face**

If you, or your family is intending on travelling over the Easter break, then advice for people who have travelled back to the UK from the main affected areas and some other countries has been issued by the government. Full details of **the countries concerned and whether you need to self-isolate are available on the BBC website.**

Spending 15 minutes within 2m (6ft) of someone with the virus, or having face-to-face contact, is judged as close contact and a significant risk.

The Covid-19 disease can cause a fever, cough and breathing problems. It takes five days on average for people to start showing the symptoms.

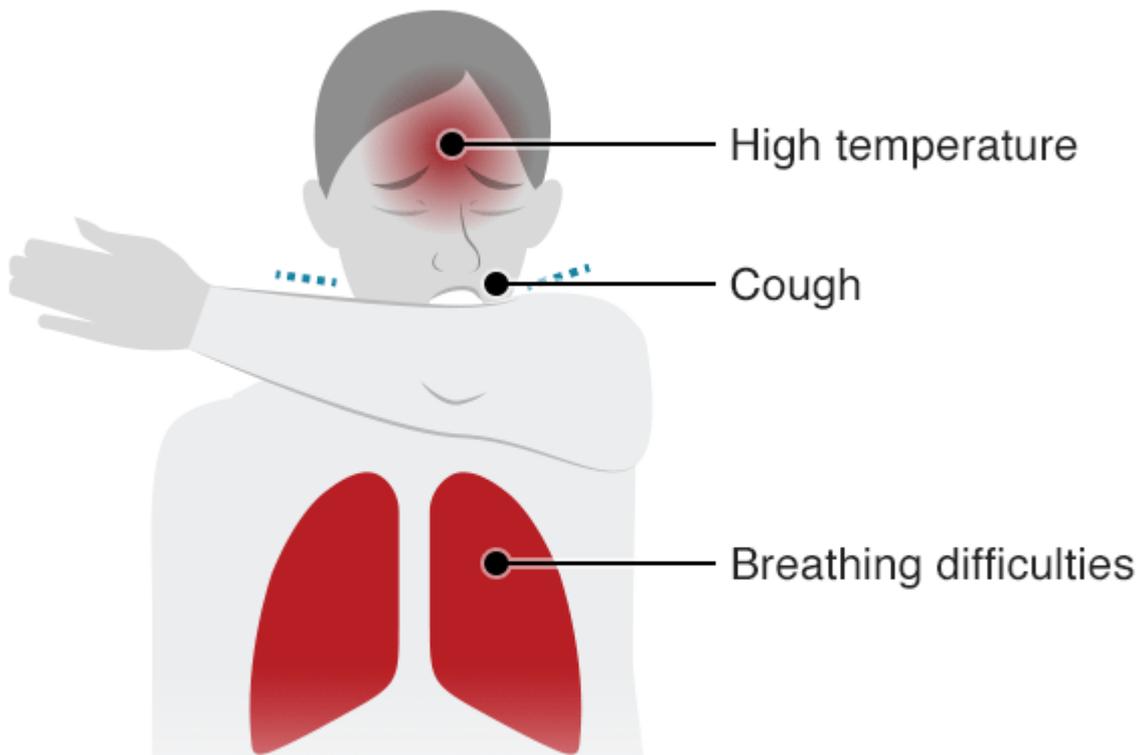
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DISCOVERY
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Coronavirus: Key symptoms



Source: NHS

BBC

What if someone self-isolating shares a home?

If you are self-isolating and share a kitchen, try to avoid using it when other people are there and take your meals back to your room to eat. Clean all the surfaces at home with household cleaning products daily.

Although you might not be able to entirely separate yourself from family members, **the advice is to limit contact as much as possible.**

If possible stay at least 2m (6ft) from other people you live with and sleep alone. Keep away from vulnerable people.

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People living with someone in isolation should **wash their hands often**, using soap and water for at least 20 seconds - especially after coming into contact with them.

You shouldn't share towels, toiletries or other household items with someone in isolation and they should have a separate bathroom. If that is not possible, the isolated person should use the bathroom last, cleaning it thoroughly afterwards if they are able.

Any rubbish that the isolated person has been in contact with should be double-bagged and kept. If the person tests positive, you will be told what to do with their waste.

If you have any concerns or questions please don't hesitate to contact your child's school, we hope that you all stay safe and take care during this challenging situation.

Yours sincerely

A handwritten signature in black ink, appearing to read "Alison", written over a white rectangular background.

Alison Nettleship
Chief Executive Officer