

11.5.21

## FOR PARENTS/CARERS OF CLOSE CONTACTS OF COVID-19

Dear Parent/Carer,

### **Advice for Child to Self-Isolate for 10 Days**

We have been advised that there has been a confirmed case of COVID-19 within the school. This letter is to inform you of the current situation and provide advice on how to support your child.

Following public health guidance, we have identified that your child has been in close contact with the affected case. In line with the national guidance your child must now stay at home and self-isolate up to and including the 15<sup>th</sup> May. Your child can come out of isolation on 16<sup>th</sup> May and back to school on 17<sup>th</sup> May. In this time your child must not go to school or to public areas: the child must remain at home. Further details of what your child needs to do are in NHS Guidance:

[www.nhs.uk/conditions/coronavirus-covid-19/testing-for-coronavirus/nhs-test-and-trace-if-youve-been-in-contact-with-a-person-who-has-coronavirus](http://www.nhs.uk/conditions/coronavirus-covid-19/testing-for-coronavirus/nhs-test-and-trace-if-youve-been-in-contact-with-a-person-who-has-coronavirus)

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

If you need support with self-isolation Newcastle City Council's Welfare and Wellbeing Team may be able to help you. If you can, you should try to seek help from your friends, family and community first, or look online at [www.newcastle.gov.uk](http://www.newcastle.gov.uk) for local support services. Where this is not possible, the Welfare and Wellbeing team can help.

Visit [www.newcastle.gov.uk/welfare](http://www.newcastle.gov.uk/welfare) or call 0800 170 7001 or 0191 277 8000 (8am-8pm Monday to Friday, 9am-3pm Saturday) to get the support you need.

You may also be entitled to a Test and Trace Support Payment. Apply online at <https://newcastle.gov.uk/TestandTraceSupportPayments> (available until the 30 June 2021 only).

Other members of your household can continue normal activities provided your child does not develop symptoms within the self-isolation period.

If your child is well at the end of the period of self-isolation, then they can return to usual activities.

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

For most people, especially children, COVID-19 will be a mild illness.

The most common symptoms of COVID-19 are:

- a 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 develops any of these symptoms of COVID-19, they must remain at home for at least 10 days from the date their symptoms first started. You need to arrange for them to be tested for COVID-19.

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)

At that time all other household members must also stay at home, not go to work, school or public areas, even for exercise.

When the result of the child's test is known, further advice will be given.

### **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; '**Hands, Face, Space**':

- 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.

You and the adults and secondary age children in your household, are encouraged to take part in twice weekly Lateral Flow Device (LFD) testing for COVID-19 to help identify those who do not have symptoms of the virus. LFD testing is an important control measure in helping to protect yourself and others from contracting or transmitting the virus. You can obtain free LFT test kits by ringing 119 or online at <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

### **Further information**

Further information is available at [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)

Yours sincerely,



Headteacher