

02 July 2021

FOR PARENTS/CARERS OF CLOSE CONTACTS OF COVID-19

Dear Parent/Carer,

## **Advice for Child to Self-Isolate for 10 Days and Get a PCR Test - Year 5**

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 national guidance your child must now stay at home and self-isolate until **9th July 2021 and can return to school on 12th July 2021**. In this time your child **must not** go to school or to public areas: the child must remain at home and must not mix with anyone outside of their household.

Individuals who have been in contact with someone who's tested positive can now access a free PCR test at <https://www.gov.uk/get-coronavirus-test> or by calling 119 (free of charge).

Public Health teams from **Northumberland City Council** and Public Health England are working to detect further cases of COVID-19, limit its onward spread and reduce the impact it may have on local communities. **We would therefore advise that your child takes a PCR test before the end of their period of self-isolation.** They should do this even if they have returned a negative Lateral Flow Device (LFD) test during the period of their self-isolation.

This additional testing will help to reduce any possible transmission within the school and reassure you and your child. This highly precautionary approach will allow us to detect any additional cases within the wider community and reduce possible transmission.

If a negative test is recorded, then your child will be able to return to school when their **full** period of self-isolation is complete.

If the PCR test result is positive, the whole household must self-isolate and follow the advice of NHS Test and Trace.

## **Support to Self-Isolate**

If your child is entitled to an income-based Free School Meal, this will still be provided through a voucher.

Other members of your household can continue normal activities provided your child does not develop symptoms within the self-isolation period. If they do, please follow the instructions below.

## 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 have another PCR test 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](https://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 and Let Fresh Air In**':

- 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.
- If meeting others, try to do so outside. If inside, open the window to let fresh air in

You, the adults and secondary age children you live with, are encouraged to take part in twice weekly Lateral Flow Device (LFD) testing for COVID-19. This helps to identify those who do not have symptoms of the virus and helps prevent it spreading to others. You can get free LFD test kits from most pharmacies or by ringing 119 or online at <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

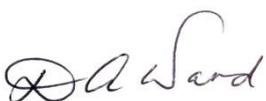
Please take up the offer of the COVID-19 vaccine when invited. The vaccines are safe and effective. They give you the best protection against COVID-19. More information can be found at <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/>

## Further information

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

Thank you for your support. Your efforts do help to reduce the further spread of COVID-19 to others in the community.

Yours faithfully



Mrs D Ward  
**Executive Headteacher**