

30 Nov. '20

FOR PARENTS OF CLOSE CONTACTS OF COVID 19 at CHASE TERRACE ACADEMY

### **Advice for Child to Self-Isolate for 14 Days**

Dear Parent(s)/Carer(s),

We are aware of a student in year 7 who has now tested positive for COVID-19.

Your son or daughter has been identified as a 'close contact' of this student, with last 'direct or proximity' contact on Friday 27 November. He/she must therefore now stay at home and self-isolate until Saturday 12 December.

If your child is well at the end of the 14 day period of self-isolation, then they can return to usual activities. This would mean a return to school on Monday 14 December.

Other members of your household can continue normal activities, provided your child does not develop symptoms within the 14 day self-isolation period.

Please see the link to: Guidance for contacts of people with confirmed coronavirus (COVID-19) infection who do not live with the person

<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 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 when their symptoms appeared. Anyone with symptoms will be eligible for testing and this can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119.

People who do not have symptoms should not request a test, unless this has been specifically requested by Public Health England or the local authority.

All other household members who remain well must stay at home and not leave the house for 14 days. This includes anyone in your 'Support Bubble'. The 14-day period starts from the day when the first person in the house became ill.

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 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community

If you are able, 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)

Anyone who has one of the main symptoms (as listed above) must self-isolate immediately and book a test.

Please also note that symptoms for children/young people can include:

- nasal congestion or runny nose
- sore throat
- shortness of breath or difficulty breathing
- diarrhea
- nausea or vomiting
- stomach ache
- tiredness
- headache
- muscle or body aches

If your child has any of these other symptoms (but not the main symptoms), Staffordshire's Director of Health and Care advises that they should take a test.

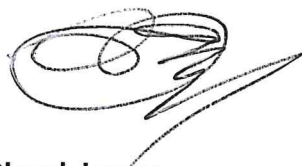
If your child does develop symptoms, you can seek advice from the nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>. If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> or by phoning 111.

## Further Information

Further information is available at

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

Yours sincerely



**Stuart Jones**  
Executive Headteacher



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Head of School