



## WITH THE POWER TO ACT

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Headteacher: Mrs E Wheeler BSc (Hons)

EWR/PG

31 January 2021

Dear Parents/Carers

### Advice for Child to Self-Isolate for Ten Days

We have been made aware that we have a confirmed positive case of Coronavirus (COVID-19) at Christ the King Catholic High School.

We have been advised by Public Health England that there has been a confirmed case of Covid-19 within the school. We have followed the national guidance and have identified that your Year 7 child has been in close contact with the affected child. In line with the national guidance we recommend that your child now stay at home and self-isolate up to and including Sunday 7 February and can return to school on Monday 8 February (these dates are based on when the infected pupil was last in school). **Lessons will take place online with effect from tomorrow (Monday) via Google Classroom.** Instructions are available on our website. We are asking you to do this to reduce the further spread of Covid-19 to others in the community.

If your child is well at the end of the ten-day period of self-isolation, then they can return to their usual activities with effect from Monday 8 February 2021. Other members of your household can continue normal activities, provided your child does not develop symptoms within the ten-day self-isolation period. For more information, please see the 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 Coronavirus (COVID 19)

Having been identified as a close contact, if your child then develops symptoms of Coronavirus (COVID-19), they should remain at home for at least ten days from the date when their symptoms appeared. Symptoms of Coronavirus (COVID-19) are a new continuous cough, or a high temperature, or a loss of, or change in, their normal sense of taste or smell (anosmia). 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 ten days. This includes anyone in your 'Support Bubble'. The ten-day isolation 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 ten 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. If that is not possible, anyone with symptoms should try and stay as far away as possible from vulnerable members of your household.

For more information, please read PHE's '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>

**For most people, Coronavirus (COVID-19) will be a mild illness.**

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.

### **How to stop Coronavirus (COVID-19) spreading**

There are things you can do to help reduce the risk of you and anyone you live with getting ill with Coronavirus (COVID-19):

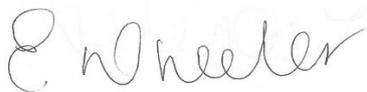
- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands as soon as you get home
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards

### **Further Information**

Further information is available at

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

Yours faithfully



Mrs E Wheeler  
HEADTEACHER