



# Pinehurst Primary School

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21<sup>st</sup> March 2021

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## FOR PARENTS/CARERS OF DIRECT CLOSE CONTACTS OF COVID 19 IN BIRCH CLASS AT PINEHURST PRIMARY SCHOOL

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

Dear Parents and Carers of Birch Class

We have been advised that there has been case of COVID-19 within the school.

We have followed the national guidance and have identified that your child in Year 6 - Birch Class has been in close contact with the affected person. In line with the national guidance we recommend that your child now stay at home and self-isolate until 28<sup>th</sup> March 2021 (10 days after contact). **They can return to normal life on Monday 29<sup>th</sup> March and next attend school after the Spring Break.**

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 10 days period of self-isolation, then they can return to usual activities. A negative test does not mean that your child can return to school earlier than 10 days.

Other members of your household can continue normal activities provided your child does not develop symptoms within the 10 day self-isolation period.

Please see the link to the PHE Staying 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>

### **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 as advised in <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

You should arrange for testing for your child via <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested> or 111.nhs.uk or primary care

All other household members who remain well must stay at home and not leave the house for 10 days.

The 10-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.

Household members staying at home for 10 days will greatly reduce the overall amount of infection the household could pass on to others in the community

If you are able to, 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



## **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)

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

If your child does develop symptoms, you can seek advice from NHS 111 at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/or> by phoning 119.

## **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

- 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/>

We will maintain contact with you during this 10 day period.

We thank you for your patience and cooperation at this time.

Yours sincerely

Miss K Morris  
Headteacher