



20th November 2020

Advice to Self-Isolate for 14 Days

Dear Parent/Carer

Your child has been identified as a close contact of a confirmed case of COVID-19. In line with the national guidance available below, your child must now stay at home and self-isolate until **Friday 4th December 2020**. If he/she is well at the end of the 14 days period of self-isolation, they can return to usual activities. A negative test does not mean that they stop self-isolation earlier than 14 days.

If your child remains symptom free, they should **return to school on Monday 7th December 2020**. We are asking you to do this to reduce the further spread of COVID 19 to others in the community.

Other members of your household can continue normal activities provided you do not develop symptoms of COVID-19 within the 14-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>

Your child will be able to access work through Class Charts. Full details and a link are available on the school website to support home learning. If you have any queries, please contact the school via RemoteLearning@ssa.bfet.uk

If your child requires a work pack, please contact: RemoteLearning@ssa.bfet.uk

If you are eligible for Free School Meals and would like to arrange a school meal while your child is absent, please contact the main school office.

What to do if you develop symptoms of COVID 19

If you develop symptom of COVID-19, you should remain at home for at least 10 days from the date when symptoms appeared as advised in

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

You can arrange for testing for via <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested> or by calling 119.

All other household members who remain well must stay at home and not leave the house for 14 days. 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. 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.





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 you do 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 111.

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 be keeping in touch via messages and phone calls. Please keep us updated on any change in your child's health.

Thank you for your continued support,

Neil Reynolds
Headteacher

