



14<sup>th</sup> June 2021

### Advice to Self-Isolate for 10 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 and including 19<sup>th</sup> June 2021**. If he/she is well at the end of the 10 days period of self-isolation, they can return to usual activities. A negative test does not mean that they stop self-isolation earlier than 10 days.

#### PCR tests while you are self-isolating as a contact

You can arrange to have a single PCR test whether or not you have symptoms. This is because you are at a higher risk of being infected. The results of the PCR test will help NHS Test and Trace contact people who may have caught the virus from you. They can then self-isolate and avoid passing it on to others.

You should arrange to have this PCR test as soon as possible within your 10 day isolation period, so that NHS Test and Trace can identify the people that you have been in contact with. You can order a home test kit or book an appointment at a test site. To reduce the risk to others you should only use a test site if you are unable to use the home PCR testing service. If you go to a test site, strictly observe social distancing advice and return home immediately afterwards. If you order a home test kit you should use and return it within 48 hours of receiving it.

If your child remains symptom free, they should **return to school on Monday 21<sup>st</sup> June 2021**. 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 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>

Your child will be able to access their learning remotely via Microsoft teams or class charts. For further support with this please contact the office on 01253 336500.

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 symptoms of COVID-19, you should remain at home for at least 10 days from the date when symptoms appeared as advised in the below guidance.

<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.

## 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





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St Annes Road, Blackpool, Lancashire FY4 2AR  
t: 01253 336 500 f: 01253 341 803 e: [admin@ssa.bfet.uk](mailto:admin@ssa.bfet.uk) w: [www.southshoreacademy.co.uk](http://www.southshoreacademy.co.uk)

**Head of School:** Neil Reynolds **Executive Principal:** Ruth Coupe