



St. Elizabeth's Catholic Primary School  
*A Voluntary Academy*

Headteacher:  
Mrs L. M. Kelly, B.Ed.



9<sup>th</sup> February 2021

### **Advice to Self-Isolate – NURSERY AND YEAR 5 CLASS BUBBLES ONLY**

Dear Parent / Carers,

We are aware that members of our school community have tested positive for COVID-19 within the Nursery and Year 5 class bubbles.

Following NHS Track and Trace guidance, the school has made the decision to ask the Nursery and Year 5 children to self-isolate until **Monday 15<sup>th</sup> February**. This means you do not need to isolate from Tuesday 16<sup>th</sup>. The class bubbles can return to school after half term on **Monday 22<sup>nd</sup> February**. 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 your child does not develop symptoms within the 10-day self-isolation period. If a Nursery or Year 5 child has a sibling in another class they do NOT need to self-isolate unless the Nursery or Year 5 child or another member of your household develops symptoms.

Please note self-isolation means your child **must stay at home and not leave the house**. They must not attend school, or public places. Any exercise must be taken within your home or garden and not in public areas. It is very important that you follow this advice even if your child feels well, as symptoms can take up to 10 days to appear from the last contact with the person who has tested positive for COVID-19.

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 symptoms appeared as advised in <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>
- You should arrange for a PCR test 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.



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- If the test result is negative, then your child must continue to complete the full 10 days of self-isolation as they could still develop COVID-19.
- 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 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/>

If we receive any further information from PHE we will let you know.

Yours sincerely,

Mrs L Kelly  
Headteacher