



Date: 10/01/22

### Warn and Inform

Dear Parent/ Carer,

We have been advised that there has been a confirmed case of COVID-19 within Year 4. In line with the national guidance, children aged under 18 years are no longer required to self-isolate if they are a close contact of someone who has tested positive for COVID-19. Your child and other members of your household can continue normal activities provided your child does not develop symptoms.

People who have been in contact with someone who has tested positive with COVID-19 are advised to get a PCR test, whether or not they have symptoms. PCR tests can be booked via <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested> or by calling 119.

If this test is positive, they must isolate for 10 days. They may be able to end the self-isolation period before the end of the 10 full days. They can take a daily LFD test from day 6 of your isolation period, and another LFD test on the following day. The second LFD test should be taken at least 24 hours later. If both these test results are negative, and they do not have a high temperature, they may end self-isolation after the second negative test result.

Children who are aged under 5 years old who are identified as close contacts will only be advised to take a PCR test if the positive case is in their own household. Please note people should not need to be re-tested via an LFD test or PCR test within 90 days of a previous confirmed positive test, unless new symptoms develop, in which case they should book a PCR.

### What to do if your child develops symptoms of COVID-19

If your child develops symptoms of COVID-19, they must isolate and you should arrange a test for your child via <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested> or by calling 119. If the test result is positive, your child will be required to self-isolate for a period of 10 days from the day that their symptoms started. They may be able to end the self-isolation period before the end of the 10 full days. They can take a daily LFD test from day 6 of your isolation period, and another LFD test on the following day. The second LFD test should be taken at least 24 hours later. If both these test results are negative, and they do not have a high temperature, they may end self-isolation after the second negative test result.

Please inform us if your child has a positive test result. If your child's test result is negative, they can continue with their normal activities if they are well enough to do so.

Please visit the link to Public Health England's guidance for households with possible Covid-19 infections:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>



### 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).

If you or your child feel newly unwell with Covid-19 symptoms, then please access a PCR test. For many people, coronavirus (COVID-19) will be a mild illness.

However, a number of people frequently present with a wider range of symptoms. If you or your child have wider symptoms, you can register for a PCR test online at [www.nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) and tick the box that says your local authority asked you to take a test. Or ring 119 and say the same thing to book a test.

### Wider symptoms include:

- Diarrhoea
- Headache that lasts a long time
- Muscle or full body aches
- Sore throat
- Blocked or runny nose
- Sickness or vomiting

### 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 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;
- allow ventilation in the house through opening windows;
- put used tissues in the bin immediately and wash your hands afterwards.

### Test and Trace Support Payments

If a person is asked to self-isolate by NHS Test and Trace and is on a low income, unable to work from home and will lose income as a result, they may be entitled to a payment of £500 from their local authority under the Test and Trace Support Payment scheme. This now applies to parents/ carers who cannot work from home and will lose income by self-isolating or staying at home to care for the child. Further details are available via: <https://www.gov.uk/test-and-trace-support-payment>



# St. Elizabeth's Catholic Primary School

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## Further Information

Further information is also available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>.

Yours sincerely,

Mrs L Kelly  
Headteacher