

Great Crosby Catholic Primary School



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PAS/lcm

17th June 2021

FOR PARENTS OF CLOSE CONTACTS OF COVID 19 at Great Crosby Catholic Primary School

Dear Parents/Carers of RZD and RL,

We have been advised by Public Health England (PHE) that there has been a confirmed case of COVID-19 within the school. We have followed the national guidance and have identified that your child has been in close contact with the affected child.

As per PHE Health Protection Team advice your child must now stay at home and self-isolate until **Monday 21st June 2021** (day of last contact and 10 full days after).

Please note that you will not necessarily be contacted by NHS Test and Trace as the school has been asked to identify all school contacts.

Self-isolation means the child/staff member should

- Not go to school, work or public places
- Not attend any other out of school activities or go around to a friend's house
- Not use public transport or taxis
- Not go out to shop – order it online or ask a friend to bring it to your home
- Not have visitors in your home except for people providing essential care
- Not go out to exercise – exercise at home or in your garden, if you have one
- Inform GP practice or hospital or other healthcare setting that they are self-isolating if they must attend in person

Further advice on self-isolation is available from: <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

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.

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: Guidance for contacts of people with confirmed coronavirus (COVID-19) infection who do not live with the person

<https://www.gov.uk/government/publications/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-whodo-not-live-with-the-person>

Can contacts and household members of contacts access PCR testing?

Due to the current increase in the number of new variant cases in Sefton in recent weeks, we

are asking all staff and pupils who are identified as a contact of a positive case in Sefton to access PCR testing, where appropriate. Household members of those isolating can also book a PCR test through this route.

Please visit www.gov.uk/get-coronavirus-test to book this test as follows:

- Proceed through the questions until you get to 'Why are you asking for a test?'
- You should then select 'I've been told to get a test by my local council, health protection team or healthcare professional'
- Then select 'My local council or health protection team has asked me to get a test, even though I do not have symptoms'
- You can then proceed to book your test.

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. Anyone with symptoms will be eligible for testing and this can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119.

All other household members who remain well must stay at home and not leave the house for 10 days. This includes anyone in your 'Support Bubble'. 36 The isolation period includes the day the first person in the house became ill (or the day their test was taken if they did not have symptoms, whether this was an LFD or PCR test), and the next 10 full days.

Household members should not go to work, school or public areas and exercise should be taken within the home. If you require help with buying groceries, other shopping or picking up medication, or walking a dog, you should ask friends or family. Alternatively, you can order your shopping online and medication by phone or online.

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, 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.

Please see the link to the PHE 'Stay 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>.

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/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.

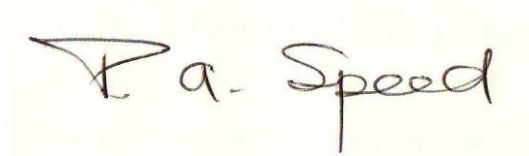
Do

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

Yours sincerely,

A handwritten signature in black ink on a light yellow background. The signature reads "P.A. Speed" in a cursive style. The "P" is large and loops back, the "A" is smaller and connected to the "P", and "Speed" is written in a flowing cursive script.

Mrs P.A. Speed
Headteacher