

CLAVERHAM COMMUNITY COLLEGE

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Principal: Mr. P. Swatton, B.Eng (Hons)

Our Ref: PAS/PHE
Date: 29/06/21

Dear Parent or Carer

Advice for your Child to Self-Isolate for 10 Days

We have been advised by Public Health England that there has been a confirmed case of COVID-19 within our school. Our thoughts are obviously with the affected student and their family at what could be a worrying time for them, currently, thankfully, the student in question only has mild symptoms and remains generally well.

As per the earlier telephone call to you from a member of staff at the College, we have followed the national guidance and have identified that your child has been in close contact with the affected child. In line with the national guidance we recommend that your child now stay at home and self-isolate up to and including 5th July 2021.

We are asking the identified students to self-isolate in order to reduce the further spread of COVID-19 to others in the community. Please accept my apologies for any inconvenience that this may cause to you and your family. This action is being taken in line with national guidance and is precautionary at this stage. We obviously hope that your son or daughter remains in good health; please could you pass on our best wishes to them.

Your child's teachers will set work for them on Google Classroom so that they can keep pace with their peers in school. We would ask that your son or daughter please complete the work set, as long as they are well enough to do so.

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-who-do-not-live-with-the-person>

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'.

The 10-day period starts from the day when the first person in the house became ill. The isolation period includes the day their symptoms started and the next 10 full days. This means that if, for example, their symptoms started at any time on the 15th of the month, the isolation period ends at 23:59 hrs on the 25th. In the absence of symptoms, the isolation would start from the date of the test was taken and continue for ten days after this.

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 can, 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/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

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

Further information is available at

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

Thank you, as always, for your on-going help, co-operation and support. If you have any questions or concerns please contact us by emailing your child's Head of House, in the first instance.

Yours sincerely

Mr P. Swatton
Principal