



CHILDWALL
SPORTS &
SCIENCE ACADEMY

LYDIATE
LEARNING TRUST

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FOR CLOSE CONTACTS OF CONFIRMED CASES OF COVID-19: **YEAR 10**

Advice to Self-Isolate for 14 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, we recommend that they now stay at home and self-isolate up to and including Tuesday 13th October 2020. **They will return to school on Wednesday 14th October 2020.** (This date is calculated from the start of the infection period of the confirmed case)

We are asking you to do this to reduce the further spread of COVID 19 to others in the community. Please do not allow them to leave your household unnecessarily.

If your child is well at the end of the 14 days' period of self-isolation, then you can return to usual activities. A negative test does not mean that you can stop self-isolation earlier than 14 days.

Other members of your household can continue normal activities provided your **Year 10** child does not develop symptoms of COVID-19 within the 14-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>

What to do if you develop symptoms of COVID 19

If you develops symptom of COVID-19, you should remain at home for at least 10 days from the date when their symptoms appeared as advised in <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>.

All other household members who remain well must stay at home and not leave the house for 14 days.

The 14-day period starts from the day when the first person in the house became ill.

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 14 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.

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/>

Learning:

Your child will be able to login to Microsoft Teams with their school email. They have been issued with the login details again today. SEND students will receive adapted work on a personalised basis. Your child must make every effort to work from home and engage with the remote learning that teachers provide for them. Mr Mahmood, Deputy Headteacher will oversee learning opportunities for your child over the next 14 day.

I am sure you understand that this is a precautionary measure that is designed to limit the spread of infection. Contact us if you have any problems accessing learning, or if you wish to notify us of any important information.

Thank you for your patience and understanding. We will continue to keep you updated as we move forward.

Yours faithfully,



Ms J E Vincent
Headteacher