



Date: 21/12/20

FOR CONTACTS/ PARENTS OF CLOSE CONTACTS OF COVID 19 at **Trinity First School**

### **Advice for child to self-isolate for 10 days**

Dear Pine Class Parents and Carers,

We have been advised by Public Health England that there has been a confirmed case of COVID-19 within Pine Class. I am desperately sorry to be sending you this letter so close to Christmas.

#### **Isolation advice**

We have followed the national guidance and have identified that your child has been in close contact with the affected person, who is a member of staff within the class. In line with the national guidance, we recommend that your child now stays at home and self-isolates until **Tuesday 29<sup>th</sup> December 2020.**

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 day 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.

I have been advised by Public Health Somerset that your child does not need to be isolated from the rest of your household, but you are advised to follow the usual safety guidelines of maintaining 2 metres distance wherever possible, keeping your house well ventilated and continuing to wash hands and sanitise surfaces regularly.

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, **you should organise for your child to be tested** via the [NHS online portal](#) or by calling 119. Your household should isolate until you receive the test results giving the all clear.

## **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.**

## **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

## **Flu vaccination**

We would like to take this opportunity to remind you and your family to have the flu vaccination if you are eligible for this, especially if you are in a risk group. You can find out about risk groups and whether you are eligible for a flu vaccine at the [NHS Flu vaccine overview](#).

## **Further information**

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

Obviously we are not at school during this holiday period. If you would like to get in touch with school, please email [trinityfrome@gmail.com](mailto:trinityfrome@gmail.com) and we will respond as soon as possible. If you would like to talk to a member of school staff, please put your contact number in the email. Please use the email address to inform us if your child develops symptoms.

I hope in spite of this very unfortunate news, that you and your family are able to enjoy the Christmas period. I hope you and your family remain fit and well.

Yours sincerely  
Amanda Seager



**We're all in it together**