

November 2020



What should I do if my child has been in contact with someone that has tested positive for Covid in their bubble?

If your child has been in close contact with another child who has tested positive in their bubble during the school day, we will have notified you of the self-isolation needs. If you have multiple children, all other siblings that are not in the specified bubble can continue to attend school.

What should I do if my child has been in close contact with someone displaying symptoms or who has tested positive outside of the school day?

- If your child has been in close contact with someone who has tested positive you will have been contacted by NHS Test and Trace as their parent/carer and will be informed of the need to self isolate, and for how long and from which date.
- If you or a family member displays symptoms your whole household has to self isolate for 14 days and the person with symptoms get tested.

In all circumstances please phone the school.

If my child is asked to self-isolate, do they need to keep self-isolating if they receive a negative test result?

If your child is asked to self-isolate because they have been in close contact with a confirmed case they must remain in self-isolation until the end of the 14 day period, even if they test negative during the 14 days. This is because even if you test negative you still may incubate the virus later in the isolation period.

Should I be worried about my child getting Covid-19?

For most children and a significant proportion of adults, Covid-19 appears as a mild illness that does not require any specific treatment. In the rare case your child does develop more serious symptoms you should contact 11 for further advice.

How can I prevent Covid-19 spreading within the school?

To help prevent the spread of Covid-19 within the school you should remind your child of the importance of good personal hygiene and social distancing.

You should try to ensure that they wash their hands before leaving home and on arrival back.

Most importantly you should not send your child to school if they have any of the Covid-19 Symptoms listed below and instead arrange for them to be tested at the nearest testing centre.

What are the symptoms of Covid-19?

The most common symptoms of Coronavirus (Covid19) are recent onset of:

- A new continuous cough
- A high temperature
- A loss of, or change in, your normal sense of taste or smell (anosmia)

For most people coronavirus will be a mild illness. If your child does develop symptoms, you can seek advice from the nhs.uk website: <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at 111.nhs.uk or by phoning 111.

How can I help stop Covid-19 spreading in my community?

There are things we can all do to help reduce the risk of you and anyone you live with getting ill with Covid-19

- Wear a face covering in public spaces
- Keep 2 metres distance from people, especially adult to adult
- 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