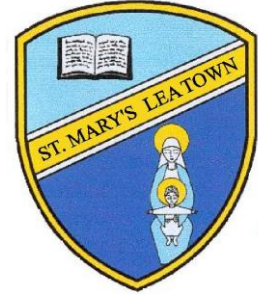


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*'Happy are those who hear the word of  
God and keep it' Luke 11.28*

Friday 20<sup>th</sup> November 2020

### **CLOSE CONTACT WITH CONFIRMED CASE COVID 19**

#### **Advice to Self-Isolate for 14 Days**

Dear Parent/ Carer of Pupil in class 1

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 your child now stays at home and self-isolates until Wednesday 2nd December 2020. We are asking pupils to isolate to reduce the further spread of COVID 19 to others in the community.

If your child remains well at the end of the 14 days period of self-isolation (2.12.20), they can return to their usual activities

If your child develops symptoms and has a test please be aware a negative test result does not mean that they can stop self-isolation earlier than 14 days. This is because they could still develop the infection within this 14 day window.

Other members of the household can continue normal activities provided they do not develop symptoms of COVID-19 within the 14 day self-isolation period. At St. Mary's Catholic School, at present, we have asked that Primary aged siblings also isolate and full work has been provided.

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 to, 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

## Early Help Support

The Children and Family Wellbeing Service offer a programme of group activity for all ages through on-line group sessions which are run across the daytime and evening. The service also provides a confidential telephone helpline, text message, email enquiry and online webchat services where young people and their families can obtain advice and support on a range of issues. You can obtain details of the group work programme or access the helpline by contacting Talkzone 365 days per year, from 8.30am to 10pm during the week and from 2pm to 10pm at weekends and Bank Holidays at;

- Telephone: 0800 51 11 11
- Text: 07786 51 11 11
- Email: [talkzone@lancashire.gov.uk](mailto:talkzone@lancashire.gov.uk)
- Talk on-line in a private and confidential space by logging onto:  
<https://www.lancashire.gov.uk/youthzone/get-in-touch/>

CFW also offer more individualised 1-2-1 support where needs are identified. This can be accessed by your school making a referral on your behalf. If your child requires additional support please make contact with your school who will be able to discuss this with you.

<https://www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/family-support/children-and-family-wellbeing-service/>

## Further Information

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

Kind Regards

Mrs. A. Brogden  
Head Teacher

