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Ruskin Community High School

Our Ref: HTSA: covid-19/POS/JOD
Date: 25th March 2021

Dear Parent/Carer

Ref. **CLOSE CONTACTS - Advice to Self-Isolate for 10 Days**

We have been informed that a member of our school community has tested positive for COVID-19.

In line with national and local guidance we have checked to see if this person was in school during their infectious period and also carried out a careful examination of this person's movements and whereabouts during this time. From this we have been able to identify adults and children who were possible close contacts.

Your child has been identified being in close contact of the confirmed case of COVID-19 and now needs to self-isolate.

In line with the national guidance available below, we ask that they now stay at home and self-isolate until **midnight on April 1st, 2021.**

We are asking them to do this to reduce the further spread of COVID 19 to others in the community.

If they are well at the end of the 10 days period of self-isolation, then they can return to usual activities. A negative test does not mean that they can stop self-isolation earlier than 10 days.

Other members of your household can continue normal activities provided they do not develop symptoms of COVID-19 within the 10 day self-isolation period.

Self-isolation means the child/staff member should

- Not go to school, work or public places
- Not attend any other out of school activities or go around to a friends house
- Not use public transport or taxis
- Not go out to shop – order it online or ask a friend to bring it to your home
- Not have visitors in your home except for people providing essential care
- Not go out to exercise – exercise at home or in your garden, if you have one
- Inform GP practice or hospital or other healthcare setting that they are self-isolating if they must attend in person

Further advice on self-isolation is available from:

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

What to do if you develop symptoms of COVID 19

If you or your child develops symptom of COVID-19, they 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>

Anyone with symptoms can request a test 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 10 days from the day when the first person in the house became ill.

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>

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 10 days will greatly reduce the overall amount of infection the household could pass on to others in the community

If there are vulnerable individuals in the household, such as the elderly or those with underlying health conditions you should consider making arrangements for them to stay with friends or family during this isolation period.

Symptoms of COVID 19

The most common symptoms of coronavirus (COVID-19) are a recent onset of:

- A new continuous cough and/or
- A 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 or <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>

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/>

Remote Learning

During their isolation your child will be supported to continue their education via remote learning. A separate letter will be made available.

Yours sincerely



D Postlethwaite
Headteacher