



Monday 14<sup>th</sup> December 2020

### 3FB - Advice for Child to Self-Isolate for 10 Days

Dear parent or carer,

We have been made aware that we have a confirmed positive case of coronavirus (COVID-19) at Handsworth Primary School in **3FB**. **This means class 3FB will need to be collected from school asap.**

We have followed the national guidance and have identified that your child has been in close contact with the affected individual. In line with the national guidance your child must stay at home and self-isolate for 10 days from the day of contact; until **Monday 21<sup>st</sup> December.**

In response to the sharp rise in confirmed coronavirus (Covid-19) cases in Waltham Forest, the Government has set up two mobile testing centres in the borough this weekend. You can get a free test, whether you have symptoms or not, without the need to book ahead at **Richmond Road Car Park, 3 Richmond Rd, Chingford, London E4 7BN** and **Church Lane Car Park, Leytonstone, London E11 4QN**. Both of these sites will be open between 9am and 3pm.

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.

Please see the link to: Guidance for contacts of people with confirmed coronavirus (COVID-19) infection who do not live with the person

<https://www.gov.uk/government/publications/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person>

### What to do if your child develops symptoms of COVID 19

If your child develops symptoms of COVID-19, they should remain at home for at least 10 days from the date when their symptoms appeared. Testing can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test>, by calling 119 or at the drop-in centre in Chingford.

All other household members who remain well must stay at home and not leave the house for 10 days. This includes anyone in your 'Support Bubble'.

The 10-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. If you require help with buying groceries, other shopping or picking up





medication, or walking a dog, you should ask friends or family. Alternatively, you can order your shopping online and medication by phone or online.

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 you are able, 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

Please see the link to the PHE 'Stay 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>

### 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)

If your child does develop symptoms, you can seek advice from the nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>. If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> 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

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

### Further Information

Further information is available at

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Yours sincerely,

Claire Nairne