

11<sup>th</sup> September 2020

Dear Parent/Carer,

If your child does develop Covid-19 symptoms, you can seek advice by calling 111 or visiting the below link: <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>

As per Government guidance you are encouraged to get tested if symptoms appear and follow the medical advice given and act according to the outcomes of the testing.

In all cases if your child develops symptoms of COVID-19, until they are tested, they should remain at home for at least 10 days from the date when their symptoms appeared. All other household members who remain well must stay at home and not leave the house for 14 days. (Please inform the office).

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 have someone that is elderly or is classed as vulnerable, please read the guidance at the link below for further instruction.

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/guidance-for-households-with-grandparents-parents-and-children-living-together-where-someone-is-at-increased-risk-or-has-symptoms-of-coronavirus-cov>

### **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, or change, in your normal sense of taste or smell (anosmia)

For most people, coronavirus (COVID-19) will be a mild illness.

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

Best wishes and kind regards.

Yours sincerely



Daniel Kerbel  
Headteacher