

ABBOT'S LEA SCHOOL

Headteacher: Mrs Ania Hildrey, M.Ed, B.Ed(Hons), NPQH



23 May 2021

FOR FAMILIES OF DIRECT CLOSE CONTACTS OF COVID-19 at ALS

Dear Families

Ref: Advice for your child to self-isolate for 10 days – Portugal Class

We have been advised this afternoon by Public Health England that there has been a confirmed case of COVID-19 within the school.

We have followed the national guidance and have identified that your child has been in close contact with the affected person. In line with the national guidance, we recommend that **your child now stays at home and self-isolates until and including Monday, 31 May 2021.**

Please inform your transport provider accordingly, if applicable.

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

If your child is well at the end of the 10-day period of self-isolation, then they can return to usual activities. A negative test does not mean that your child can return to school earlier than 10 days. This means that the earliest your child may return to school is Monday, 7 June 2021 when the school re-opens for Term 6.

Other members of your household can continue normal activities provided your child does not develop symptoms within the 10-day self-isolation period.

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 as advised in:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

You should arrange for testing for your child via <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested> or 111.nhs.uk or primary care.

All other household members who remain well must stay at home and not leave the house for 10 days. 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. 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 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/persistent 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 your child does 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 119.

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/>

Lastly, all learning for Portugal Class will move to a remote mode and the details will be sent out by your child's Class Team shortly.

If your child is diagnosed with Covid-19, please email covid@abbotsleaschool.co.uk so that additional Track and Trace activity can be undertaken by the school, as required.

Thank you in advance for your support.

Yours faithfully



Mrs A Hildrey
Headteacher