



# Public Health England

## COVID19 Information

Date: 14/09/2020

FOR CLOSE CONTACTS OF CONFIRMED CASES OF COVID-19

### **Advice to Self-Isolate for 14 Days after last contact**

Dear Parent/Carer,

Your son/daughter have been identified as a close contact of a confirmed case of COVID-19. Public Health England have confirmed with us that the school and family have followed all procedures appropriately.

In line with the national guidance available below, we recommend that your son/daughter now stay at home and self-isolate until 21<sup>st</sup> September 2020.

**Public Health England Advice states that as a family member, you are contact of the contact and therefore do not need to self-isolate unless you are showing symptoms.**

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 14 days period of self-isolation, then you can return to usual activities. A negative test does not mean that you can stop self-isolation earlier than 14 days.

Other members of your household can continue normal activities provided you do not develop symptoms of COVID-19 within the 14 day self-isolation period.

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 develop symptoms 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, you can 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

## **Further Information**

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