



# BISHOP CHALLONER CATHOLIC COLLEGE

10<sup>th</sup> March 2021

## Advice to all parents

Dear Parent/Carer,

We have been advised that a student has tested positive following a Lateral Flow Test (LFT).

Public Health England have been contacted and are satisfied that school has taken the necessary action in dealing with this case.

I am pleased to say that the student in question is doing well and we send them our best wishes. A small group of students are now required to self-isolate, and parents and carers have been contacted separately about this.

We thank parents and carers for their continued support during this time.

## The following is advice from Public Health England:

We know that you may find this concerning but we are continuing to monitor the situation and are working closely with Public Health England. This letter is to inform you of the current situation and provide advice on how to support your child. Please be reassured that for most people, coronavirus (COVID-19) will be a mild illness.

**The school remains open and your child should continue to attend if they remain well.**

## 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. Anyone with symptoms will be eligible for testing and this can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119 .

## What to do if your child subsequently tests positive for COVID 19

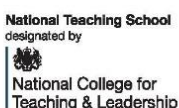
All other household members who remain well must stay at home and not leave the house for 10 days. This includes anyone in your 'Support Bubble'.

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The isolation period starts immediately from when the symptoms started, or, if they do not have any symptoms, from when the test was taken. The isolation period includes the day the symptoms started (or the day the test was taken if there were no symptoms), and the next 10 full days. This means that if, for example, symptoms started at any time on the 15th of the month (or if they did not have symptoms but the first positive COVID-19 test was taken on the 15th), the isolation period ends at 23:59 hrs on the 25th. 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 this period 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.

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)

### **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 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*

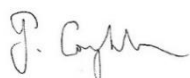
- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands as soon as you get home
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in 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



Dr J Coughlan  
Principal