

2nd November 2020

Reporting COVID-19 Symptoms & Self Isolating

Dear Parents and Friends of Castle Hill,

We hope you have had an enjoyable half term break, it is great to see the children back in school. With this in mind, we would like to take this opportunity to remind you of the process for reporting COVID-19 symptoms and the self-isolation guidance, as it currently stands.

What to do if your child or a member of the household develops symptoms

If your child or another member of your household develops [Covid-19 symptoms](#) please keep your child(ren) at home and arrange a test. Please inform the school as soon as possible by emailing admin@chjs.net, with the subject line "Covid Symptoms Alert" – this will help us to spot your email easily whilst monitoring the inbox. All information will be handled confidentially, although we may be required to advise other parents with children in the same year group.

If you have COVID-19 symptoms or have received a positive test result

Stay at home and begin to **self-isolate for 10 days** from when your symptoms start. Arrange to have a test for COVID-19 if you have not already had one. A positive test result means you must complete a 10-day isolation period. If your test is negative, you can stop self-isolating as long as you are well.

Arranging a COVID-19 Test: <https://www.gov.uk/get-coronavirus-test>

If you live in the same household as someone with COVID-19

Stay at home for 14 days. The 14-day period starts from the day the first person in your house developed [symptoms](#) or, if they do not have symptoms, from the day their test was taken. If you do not have symptoms of COVID-19 yourself you do not need a test. Only arrange a test if you develop COVID-19 symptoms.

Guidance is available online: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance?priority-taxonomy=774cee22-d896-44c1-a611-e3109cce8eae>

If you have travelled abroad over half term

In order to keep our school community safe and the school open, if you have travelled abroad we ask you to please ensure you are adhering to the [self-isolation travel guidance](#) when you arrive back in England.

Thank you for your continued support.

Kind regards

Mr John DF Martin and The Castle Hill Team