

Date: 07/07/21

FOR PARENTS / CARERS OF CLOSE CONTACTS OF COVID-19 at Cumbria Academy for Autism

Advice for Child to Self-Isolate for 10 Days

Dear parent or carer,

We have been made aware that we have a confirmed positive case of coronavirus (COVID-19) at Cumbria Academy for Autism on Tuesday 6th July 2021.

We have followed the national guidance and, following a risk assessment with Public Health England (PHE) advisers, have identified that your child (name) has been in close contact with the individual who has had a positive test result for coronavirus (COVID-19). In line with the national guidance, your child must stay at home and self-isolates until the 16th July 2021 (10 full days after contact)

If your child is well at the end of the 10 day period of self-isolation then they can return to their usual activities.

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

For more information, please see the guidance for contacts of people with confirmed coronavirus (COVID-19) infection who do not live with the person:

<https://www.gov.uk/government/publications/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person>

Getting a PCR test for a close contact of a case?

It is now also possible for close contacts to have a PCR test even where they do not have symptoms through [Get a free PCR test to check if you have coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](#) or by calling 119. In some areas you may be encouraged to do this by your local authority or local health protection team.

Please note: if your child has a negative PCR test result this does not alter the self-isolation period as a contact. Close contacts should continue to self-isolate for 10 full days, as they could still become infectious and pass the infection onto others. Please make sure you read the full text message from NHS Test and Trace when receiving a negative result. This makes clear that you do not need to self-isolate **unless** 'you've been told to self-isolate because you've been in close contact with someone who tested positive' [Negative test result for coronavirus \(COVID-19\) - NHS \(www.nhs.uk\)](#).

What to do if your child develops symptoms of coronavirus (COVID 19)

Having been identified as a close contact, if your child then develops symptoms of coronavirus (COVID-19), they should remain at home for at least 10 days from the date when their symptoms appeared. Symptoms of coronavirus (COVID-19) are a new, continuous cough, or a high temperature, or a loss of, or change in, their normal sense of taste or smell (anosmia). Anyone with symptoms will be eligible for a PCR test - this is the type of test that is normally available and can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119.

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'.

The household isolation period includes the day the first person in your household's symptoms started (or the day their test was taken if they did not have symptoms) and the next 10 full days. This means that if, for example, your 10 day isolation period starts on the 15th of the month, your isolation period ends at 23:59 hrs on the 25th and you can return to your normal routine.

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 10 days will greatly reduce the overall amount of infection the household could pass on to others in the community.

If you are able, 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. If that is not possible, anyone with symptoms should try and stay as far away as possible from vulnerable members of your household.

For more information, please read PHE's '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>

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

If your child does develop symptoms, you can seek advice from the nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>. If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> or by phoning 111.

How to stop coronavirus (COVID-19) spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus (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/>

Yours sincerely

Richard Aindow
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