



HIGHFIELD LITTLEPORT ACADEMY

An Active Learning Trust School

Executive Headteacher: Simon Bainbridge
Head of School: Yvonne Skillern

Wednesday 7th October 2020

Dear Parent/Carer,

We have been informed of a confirmed case of COVID-19 within the school.

This letter is to inform you of the current situation and provide general advice for you.

Those children and staff members who have been in direct prolonged contact with the confirmed case will have received an individual letter advising them to self-isolate in line with the national guidance.

If you have not received a letter identifying your child as a close contact your child is not advised to self-isolate on account of the case in the school. This letter is for your information only.

Although your child has not been identified as a close contact I would like to take this opportunity to provide you with general information on COVID-19.

General COVID information

What to do if your child develops symptoms of COVID 19

If your child develops symptoms of COVID-19 they should remain at home. Arrange for a COVID test via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling NHS 119 and inform the head teacher.

If their test is negative and they can return to school when they are well.

If their test is positive they will need to self-isolate for **10 days** from the date when your symptoms start. All your household members must self-isolate for 14 days.

The date of symptom onset is day zero.

[https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection.](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection)



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Symptoms

The symptoms of coronavirus (COVID-19) are:

- recent onset of new continuous cough or
- high temperature 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 are concerned about your health or the health of anyone else in your house please seek advice from your GP or NHS 111 by phoning 111.

There are things you can do to reduce the risk of getting 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

Yvonne Skillern
Head of School

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