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ROSEBERRY ACADEMY

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Principal: Mrs H Channing

11th July 2021

Dear Parent or Carer,

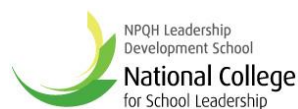
Advice for Child to Self-Isolate – Year Six

We have been made aware that we have two more confirmed positive cases of coronavirus (COVID-19) at Roseberry Academy.

We have followed the national guidance and identified that **all children in Year Six** have been in close contact with the individual who has had a positive test result for coronavirus (COVID-19). In line with the national guidance, *'people who have been in close contact with the person who has tested positive must be sent home and advised to self-isolate immediately and for at least the next 10 full days counting from the day after contact with the individual who tested positive'*, **your child must stay at home and self-isolate, with the isolation period ending at 23:59 hrs on the 18th July 2021. Children may return to school on 19th July. Please note that this does not relate to the Y6 sleepover and so, even if your child did not attend the event, but was in school on Monday 5th July, Tuesday 6th July, Wednesday 7th July or Thursday 8th July, they will still need to isolate.** As class teaching did not take place for Year Six children during these days, there is no requirement for *all* staff within this bubble to isolate, as close contact did not take place with the confirmed cases.

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

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 \(www.gov.uk\)](https://www.gov.uk/government/publications/get-a-free-pcr-test-to-check-if-you-have-coronavirus-covid-19-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 \(www.nhs.uk\)](https://www.nhs.uk/health-articles/nhs-test-and-trace-negative-test-result-for-coronavirus-covid-19).

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/>

I thank you in anticipation of your support at this challenging time.

Yours sincerely,

Helen Channing (Mrs)
Principal



