



Sacred Heart R.C. Primary School

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Dear Parents,

COVID 19 – SELF ISOLATION

We would like to clarify the guidelines school are following, in line with government advice.

The following are symptoms of Coronavirus:

- ✚ **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature);
- ✚ **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual);
- ✚ **a loss or change to your sense of smell or taste** – this includes things that smell or taste different to normal.

1. If you have symptoms

Anyone with these symptoms must stay at home and get a test within 5 days of the symptoms arising.

You must stay at home and not allow visitors until test results are received. Anyone you live with and anyone in your support bubble must also stay at home until you get your result. (A support bubble is where someone who lives alone (or just with their children) can meet people from one other household).

If you have symptoms for longer than the 5 days and don't have the test you will need to isolate for a total of 14 days from the onset of symptoms.

Use NHS 111 online Coronavirus service if you are worried about your symptoms or you are not sure what to do.

2. If you are going for a test

If you or any member of your household are going for a test as they are showing symptoms, all the household must stay at home until the test results are received.

3. What do I do if a member of my extended family or childminder has a positive test?

If you or your child have been in direct contact with anyone who has a positive test, you need to self isolate for 14 days.