



**Shawclough C.P. School**

**Thrum Hall Lane. Rochdale. OL12 6DE**

**Telephone & Fax: 01706 647991**

**Email [office@shawclough.rochdale.sch.uk](mailto:office@shawclough.rochdale.sch.uk)**

**Web [www.shawclough.rochdale.sch.uk](http://www.shawclough.rochdale.sch.uk)**

4<sup>th</sup> October 2020

FOR PARENTS OF DIRECT CLOSE CONTACTS OF COVID 19 at Shawclough Community Primary School

**Advice for Children to Self-Isolate for 14 Days**

Dear Parent,

We have been advised by Public Health England that there has been a confirmed case of COVID-19 within the school.

We have followed the national guidance and have identified that your child in Year 3 has been in close contact with the affected person. In line with the national guidance we recommend that your child now stay at home and self-isolate until 19<sup>th</sup> October 2020.

We are asking you to do this to reduce the further spread of COVID 19 to others in the community.

If your child is well at the end of the 14 days period of self-isolation, then they can return to usual activities. A negative test does not mean that your child can return to school earlier than 14 days.

Other members of your household can continue normal activities provided your child does not develop symptoms within the 14 day self-isolation period.

Please see the link to the PHE Staying at Home Guidance

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

**What to do if your child develops symptoms of COVID 19**

If your child develops symptoms of COVID-19, they should remain at home for at least 10 days from the date when their symptoms appeared, and should not return until 48 hours after the symptoms have past, as advised in <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

You should arrange for testing for your child via

<https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested> or 111.nhs.uk or primary care.

The sites are open **from 8am to 8pm seven days a week** and you must arrive on foot, by bike or in a car. – Please do not use public transport to get to the site. Face coverings are mandatory for ages 3yrs and above, and must be worn at all times during visit to testing site.

**Home testing**

Home testing is aimed specifically at people who cannot get to test sites and can be arranged at <https://self-referral.test-for-coronavirus.service.gov.uk/>



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A test can also be booked on the NHS website using the link below which provides you options for either a drive-through test, for which you or someone you live with must have a car to get to a regional test site or you can request for a home testing kit for yourself and anyone else you live with who has coronavirus symptoms. There is an identity check for home test kits.

<https://www.nhs.uk/ask-for-a-coronavirus-test>

All other household members who remain well must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the house became ill.

Household members should not go to work, school or public areas and exercise should be taken within the home. Household members staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community

If you are able can, 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

### **Symptoms of COVID 19**

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough and/or
- high temperature and/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 your child does develop symptoms, you can seek advice from NHS 111 at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/> or by phoning 111.

### **How to stop COVID-19 spreading**

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



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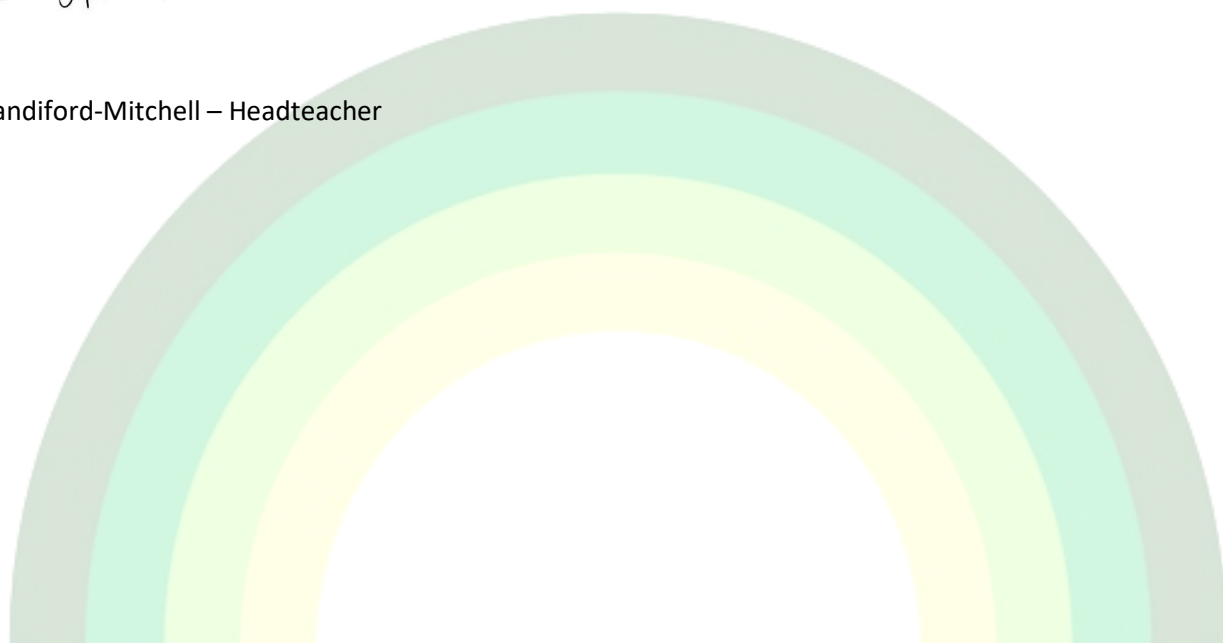
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**Further Information**

Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Yours sincerely,

Julia Sandiford-Mitchell – Headteacher



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