

Sunday 30th January

Subject: Case of Covid-19 in Year 3M

Dear Parent/ Carer,

We have been made aware of another case of Covid-19 within our Year 3M, Miss McNicholas' class.

All children aged 5 to 18 years and 6 months, regardless of their vaccination status

In line with recent national guidance, if children are identified as a contact of someone with COVID-19 they should take an NHS rapid lateral flow test every day for 7 days to help slow the spread of COVID-19. If the lateral flow is negative, they can continue to attend school.

Under 5s

Under 5s are exempt from self-isolation as a contact and do not need to take part in daily rapid lateral flow testing.

What if my child's lateral flow tests is positive?

If your child has a positive LFD test, they should self-isolate and book a confirmatory PCR test within 2 days if they have symptoms. If the PCR test result is positive and/or the LFD test remains positive, your child **must** isolate and you should notify the school at the earliest opportunity.

It may be possible to end self-isolation after 6 days, following 2 negative LFD tests taken 24 hours apart (from day 5 and day 6 of the isolation period). The first LFD test should not be taken before the fifth day. If either of the LFD tests taken on day 5 or 6 are positive, or your child has a high temperature, they must continue to isolate until they have 2 consecutive negative LFD results or 10 days (whichever is sooner). If you are unable to obtain LFD tests, then the full 10 day isolation must be completed.

From the 11th January:

If you have a positive LFD test, you may not need to follow this up with a confirmatory PCR. You need to report your result at [Report a COVID-19 rapid lateral flow test result - GOV.UK \(www.gov.uk\)](https://www.gov.uk/report-a-covid-19-rapid-lateral-flow-test-result).

You will need to book a confirmatory PCR test if any of the following apply:

- You have symptoms of Covid-19, the main symptoms are a new continuous cough, a high temperature and a loss of, or change in, normal sense of taste or smell (anosmia)
- You are eligible for a £500 Test and Trace Support Payment (TTSP) you will need to complete a confirmatory PCR to be eligible to apply for this

Ordering tests

LFD tests – you can get a box of 7 lateral flow tests free of charge from NHS Test and Trace either through pharmacies, home delivery by ordering online or contacting 119.

PCR Tests - can be booked via <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested-or-by-calling-119>.

What should I do if my child develops symptoms of Covid-19?

If your child develops symptoms of Covid-19, they must isolate immediately and you should arrange a PCR test for your child via <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested> or by calling 119.

Please visit the link to Public Health England's guidance for households with possible Covid-19 infections: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

What are the Symptoms of Covid-19?

For many people, coronavirus (Covid-19) will be a mild illness. 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).

However, people frequently present with a wider range of symptoms. Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>.

How can you stop Covid-19 spreading?

There are lots of simple things you can do in your everyday life to help reduce the risk of you and anyone you live with getting Covid-19 or spreading it:

- Wash your hands regularly with soap and water 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;
- Allow ventilation into your house or workplace by opening windows and doors;
- Try to meet people outdoors if possible;
- Put used tissues in the bin immediately after using them and then wash your hands;

- Take regular Lateral Flow Device (LFD) tests at least twice a week. These can be ordered for home delivery from <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

Many thanks for your ongoing support in keeping our staff, pupils, families, and community safe.

Yours sincerely,

A handwritten signature in black ink, appearing to be 'M Mountcastle', written in a cursive style.

M Mountcastle