



Date 28/9/20

**For parents of pupils in contact with a covid 19 case at The Firs Lower School
Advice for Child to Self-Isolate for 14 Days**

Dear Parents/carers,

As we said in our email to YR parents / carers yesterday, there has been a confirmed case of COVID-19 in Pine.

We have followed the national guidance and have identified that your child has been in close contact with the affected child. In line with the national guidance we ask that your child now stay at home and self-isolate until **Monday 12th October** (14 days after contact).

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.

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: 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>

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. Anyone with symptoms will be eligible for testing and this can be arranged online, following this link [Getting a test](#) or by calling 119 .

Adam J.G Campbell (Headteacher)

The Firs Lower School • Station Road, Ampthill, Bedford MK45 2QR

Telephone: (01525) 402735

Email: office@firslower.org • Web www.firslower.co.uk



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People who do not have symptoms should not request a test unless this has been specifically requested by Public Health England or the local authority. All other household members who remain well must stay at home and not leave the house for 14 days. This includes anyone in your 'Support Bubble'. 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. 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 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community. If you 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

Please see the link to the PHE '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>

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.

<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 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:

Do

- 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/>

The information above is taken from the official letter from the DfE / PHE to be sent to parents in these circumstances.

I would like to add that we are also working on a Frequently Asked Questions fact sheet for parents, that will be sent out to everyone as soon as possible. Where parents have contacted us with questions via email, we will try and address these in the document we are producing.

The YR team are currently working on a home learning provision for Year R and will be in contact with you shortly.

Although YR children will be at home for the next two weeks, please let us know if your child has any of the Coronavirus symptoms and the results of any test taken. Thank you.

This is a difficult time for everyone and I would like to take this opportunity, once again, to thank you all for your support.

Kind Regards



Adam J.G. Campbell
Headteacher