



St. Elizabeth's Catholic Primary School
A Voluntary Academy

Headteacher:
Mrs L. M. Kelly, B.Ed.



Date: Thursday 11th March, 2021

Advice to Self-Isolate – YEAR 3 ONLY

Dear Parent / Carers,

We are aware that a member of our school community has tested positive for COVID-19 within the Year 3 class bubble.

Following NHS Track and Trace guidance, the school has made the decision to ask the Year 3 children to self-isolate until **Saturday 20th March**. This means your child can leave the house on **Sunday 21st March** and the children can return to school on Monday 22nd March. 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 period of self-isolation, then they can return to school. A negative test does not mean that your child can return to school earlier than 10 days. Other members of your household can continue normal activities provided your child does not develop symptoms within the 10-day self-isolation period. If a Year 3 child has a sibling in another class they do NOT need to self-isolate unless the Year 3 child or another member of your household develops symptoms.

Please note self-isolation means your child **must stay at home and not leave the house. They must not attend school, or public places. Any exercise must be taken within your home or garden and not in public areas. It is very important that you follow this advice even if your child feels well, as symptoms can take up to 10 days to appear from the last contact with the person who has tested positive for COVID-19.**

Please see the link to the PHE Staying 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>

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 symptoms appeared 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.
- All other household members who remain well must stay at home and not leave the house for 10 days.



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- The 10-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 10 days will greatly reduce the overall amount of infection the household could pass on to others in the community.
- If you are able to, 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

Further Information

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

If we receive any further information from PHE we will let you know.

Yours sincerely,

Mrs L Kelly
Headteacher