



Sizer Street
Preston
PR1 7DR
Headteacher: Mrs. A. Howarth
www.englishmartyrs.lancs.sch.uk

Telephone: 01772 556092
Nursery: 01772 258476
Email: head@englishmartyrs.lancs.sch.uk

Wednesday 21st July 2021

Letter for direct and proximity contacts

FOR PARENTS OF CLOSE CONTACTS OF COVID 19 at English Martyrs' Catholic Primary School (Y6Bubble)

Advice for Child to Self-Isolate

Dear Parents,

We have been made aware that we have a confirmed positive case of coronavirus (COVID-19) in **school which affects the children in Year 6 who were present on FRIDAY 16th JULY 2021.**

We have followed the national guidance and have identified that your child has been in close contact with the affected person. In line with the national guidance your child must stay at home and self-isolate until and including **Tuesday 27th July 2021**, meaning they have to stay within the family home or garden/yard until and including this date. They can leave the house/ home setting on from **Wednesday 28th July 2021**. Please note, these dates have been given to me by the DfE Covid Advice Line.

Under new guidance from Monday 19th July, please note the following:

Self-isolation and/or testing of close contacts

7. At present, anyone identified as a close contact is legally required to self-isolate and must not attend their education or childcare setting (the only exception is if they are participating in a daily contact testing trial). Anyone identified as a non-household close contact by NHS Track and Trace must self-isolate until 10 days after the date of their most recent contact with that person. If they live in the same household, they must self-isolate until 10 days after the date of that person developing symptoms (see point 1 above) or, if that person was asymptomatic, the date of their test (see point 2 above). NHS Test and Trace will notify you of the day on which the self-isolation period ends.

8. Close contacts are also advised to take a PCR test. If the test result is negative, they must still complete the full self-isolation period, as the test will not detect all positive cases. If the result is positive, they will need to self-isolate for a further 10 days – and NHS Test and Trace will contact them to identify any close contacts.

If your child is well at the end of the period of self-isolation, then they can return to usual activities.

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 via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119 .



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All other household members who remain well must stay at home and not leave the house for 10 days. This includes anyone in your 'Support Bubble'.

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. 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 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

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.

If your child does develop symptoms, you can seek advice from the nhs.uk website at <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.

Further Information

Further information is available at

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Yours sincerely

Annalisa Howarth
Headteacher