

15<sup>th</sup> July 2021

## FOR PARENTS OF CLOSE CONTACTS OF COVID-19

Dear Parent,

### **Advice for Child to Self-Isolate for 10 Days**

We have been advised that there has been a confirmed case of COVID-19 within Year 1.

We have identified that your child has been in close contact with the affected case. In line with the national guidance, we recommend that your child now stays at home and self-isolate until Friday 23rd July. Your child must not go to school or any public areas: your child must remain at home. Further details of what your child needs to do are in NHS Guidance:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-for-coronavirus/nhs-test-and-trace-if-youve-been-in-contact-with-a-person-who-has-coronavirus/>

Health Protection Regulations 2020 state that self-isolation following close contact with a confirmed case is required by law for the full 10 day period. We are asking you to do this to reduce the further spread of COVID 19 to others in the community.

We are aware that for many parents, this does mean that they may not be able to attend work for this period, depending on their circumstances, parents may be able to seek help through SBC welfare support:

<https://www.stockton.gov.uk/our-council/housing-services/welfare-assistance-for-vulnerable-customers/>

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

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

Yours sincerely

Public Health England

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

For most people, especially children, COVID-19 will be a mild illness.

The most common symptoms of 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)

If your child develops any of these symptoms of COVID-19, they should remain at home and arrangements should be made for them to be tested. At that time all other household members must also stay at home, not go to work, school or public areas, even for exercise.

Testing can be arranged by calling 119 or via the NHS website: [nhs.uk/coronavirus](https://nhs.uk/coronavirus)

When the result of the child's test is known further advice will be available.

## **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 [nhs.uk/coronavirus](https://nhs.uk/coronavirus)