



Ref: ParentsOfCloseContacts/CTY/jud

15<sup>th</sup> June 2021

Dear Parent/Carer

## For Parents of close contacts of COVID-19 at The Grange Academy

We have been advised by Public Health England (PHE) that there has been a confirmed case of COVID-19 within the school.

We have followed the national guidance and have identified that your child, has been in close contact with the affected child. As per PHE Health Protection Team advice, your child must now stay at home and self-isolate until and including Saturday 19<sup>th</sup> June. Please note that you will not necessarily be contacted by NHS Test and Trace as the school has been asked to identify all school contacts.

### PCR testing for contacts of confirmed cases

- As a close contact of someone who has tested positive for coronavirus, you are advised to book a PCR test (that is sent to the lab for processing) for your child. Taking a test is not an alternative to self-isolating. Your child will still need to isolate for the **full 10 days even if they test negative** for Coronavirus.
- You should book the test for **3 to 5 days after the day your child was last in contact with the positive case**. If you cannot book the test within 5 days, book it as soon as possible.
- If they are a close contact, but have **already tested positive in the past 90 days, they should not get tested** but still complete the full 10-day self-isolation period.
- You can book a test online by visiting <https://www.gov.uk/get-coronavirus-test> and selecting 'My local council or health protection team has asked me to get a test, even though I do not have symptoms'

Self-isolation for your child/staff member means:

- **do not go to work, school or public places**
- **do not go on public transport or use taxis**
- **do not go out to get food and medicine**
- **do not have visitors in your home, including friends and family** – except for people providing essential care
- **do not go out to exercise** – exercise at home or in your garden, if you have one
- **inform GP practice or hospital or other healthcare setting that they are self-isolating if they must attend in person**

We are asking you to do this to reduce the spread of COVID-19 to others in the community.

If your child is well at the end of the 10-day period of self-isolation, then they can return to usual activities. **A negative test does not mean that your child can return to the school / Early Years provision 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.

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## 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 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/get-coronavirus-test> or phone 119.

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 (or the day their test was taken if they did not have symptoms).

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, 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 any of:

- new continuous cough
- high temperature
- a loss of, or change in, normal sense of taste or smell

For most people, coronavirus will be a mild illness.

If you do develop symptoms, you can seek advice from <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/> or by phoning 111.

## Further Information

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

Yours sincerely



Mr Critchley  
Principal

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