

**My child/children have been identified as a close contact and told to isolate:**

You will have received a Parentmail from school identifying your child/children as a close contact. Your child must now isolate for 10 days. If your child is well at the end of the 10-day period of self-isolation then they can return to their usual activities and attend school as normal. Other members of your household can continue normal activities, provided your child does not develop symptoms within the 10-day self-isolation period.

For more information, please see the 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>

Public Health Wiltshire recommend PCR testing for all close contacts, at the first opportunity, whether or not they have symptoms.

Close contacts can book a PCR test via Get a free PCR test to check if you have coronavirus (COVID-19) - GOV.UK ([www.gov.uk](http://www.gov.uk)) <<https://www.gov.uk/get-coronavirus-test>> or by calling 119. Contacts must continue to isolate even if they test negative. If contacts test positive, they will be provided with further isolation advice by Test and Trace. They should also inform their setting in case further contact tracing is required in this instance please call the School Office 01285 770277.

**My child/children have been identified as a close contact and told to isolate but the positive result was from an LFD test:**

You will have received a Parentmail from school identifying your child/children as a close contact. Your child must isolate now begin isolation, however this is a positive result from an LFD test taken at home and therefore, will be followed up by a PCR test. If the PCR test comes back negative, you will be notified and your child will no longer need to self-isolate and can return to school.

**What to do if your child develops symptoms of coronavirus (COVID 19)**

Having been identified as a close contact, if your child then develops symptoms of coronavirus (COVID-19), they should remain at home for at least 10 days from the date when their symptoms appeared. Symptoms of coronavirus (COVID-19) are a new, continuous cough, or a high temperature, or a loss of, or change in, their normal sense of taste or smell (anosmia). Anyone with symptoms will be eligible for a PCR test - this is the type of test that is normally available and can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 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 household isolation period includes the day the first person in your household's symptoms started (or the day their test was taken if they did not have symptoms) and the next 10 full days. This means that if, for example, your 10-day isolation period starts on the 15th of the month, your isolation period ends at 23:59 hrs on the 25th and you can return to your normal routine.

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, 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. If that is not possible, anyone with symptoms should try and stay as far away as possible from vulnerable members of your household.

For more information, please read PHE's '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>

**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.

### **How to stop coronavirus (COVID-19) spreading**

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus (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/>