

8 November 2020

Advice to all parents and carers (and pupils where age appropriate) - COVID-19 single confirmed case

Dear parents and carers/pupils,

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

We are working closely with Public Health England and continue to be vigilant for any other cases. Close contacts of the case have been informed and asked to self-isolate for 14 days. This letter is to inform you of the current situation and provide advice on how to support your child. Please be reassured that for most people, coronavirus (COVID-19) will be a mild illness.

The setting remains open and providing your child remains well they can continue to attend as normal. We will keep this under review.

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 **7 days** from the date when their symptoms appeared. We would also recommend getting a test as soon as possible. Information on testing is available via the links below:

<https://www.justonenorfolk.nhs.uk/test-trace>

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/ask-for-a-test-to-check-if-you-have-coronavirus/>

<http://www.nnuh.nhs.uk/our-services/covid-19-testing-key-workers/>

All other household members who remain well must stay at home and not leave the house for 14 days.

The 14-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.

By household members staying at home for 14 days you will greatly reduce the overall amount of infection the household could pass on to others in the community.

If you are able you should, 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

Further information on isolation is available here:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

If your child is isolating due to developing symptoms themselves, or due the household isolation or being identified as a close contact please let us know as soon as possible in the same way you normally report absence. This will help us to take the right precautions at the setting.

Symptoms

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough and/or
- high temperature
- a loss of, or change in, normal sense of taste or smell (anosmia)

If your child or anyone in the household 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

Do

- Follow the guidance on social distancing
- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser 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/>

Yours sincerely

Jon Ford
Principal