

6 July 2021



Ralph Allen School

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FOR CONTACTS/ PARENTS OF CLOSE CONTACTS OF COVID 19 at RALPH ALLEN SCHOOL

Advice for child to self-isolate for 10 days

Dear Parent/Carer,

Isolation advice

Following a confirmed case of COVID-19 in our setting, we have undertaken a risk assessment and have identified that your child has been in close contact with the case during a time when they would have been infectious to others. In line with the national guidance, your child needs to now stay at home and self-isolate until **Thursday 15 July**. We are asking you to do this to reduce the further spread of COVID-19 to others in the community. Your child's next day back in school will be **Friday 16 July**.

People who are isolating because they are close contacts of a confirmed case of COVID-19 are now encouraged to take a PCR test. This is recommended for contacts who don't have any symptoms as well as those who do.

Close contacts can book a PCR test via [Get a free PCR test to check if you have coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](#) or by calling 119. If the test is positive, you will be provided with further advice by the NHS Test and Trace service. Please also advise the school of the positive result at the first opportunity.

If the PCR test is negative, the close contact **must** continue to isolate until 15 July. This is because they could still be incubating the virus for up to 10 days after close contact.

If your child develops symptoms of COVID-19 at any time, please isolate as a household and book a test for the person with symptoms (even if they have already taken a test). Symptoms of COVID-19 are:

- A new, continuous cough, and/or
- A temperature, and/or
- A loss of, or change to, sense of taste and/or smell.

If your child is well at the end of the 10 days period of self-isolation, then they can return to usual activities.

Headteacher: Andy Greenhough BSC (Hons) | Deputy Headteacher: John Chantry BA (Hons)

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Other members of your household can continue normal activities provided your child does not develop symptoms or test positive within the 10 day self-isolation period.

Please see overleaf for more information and advice

With kind regards

A small, square image containing a handwritten signature in black ink, which appears to be 'A. Greenhough'.

Andy Greenhough
Headteacher

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Information for contacts of confirmed cases of COVID-19 and their households

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

National guidance for contacts of confirmed cases of COVID-19 is available at:
[Guidance for contacts of people with confirmed coronavirus \(COVID-19\) infection who do not live with the person - GOV.UK \(www.gov.uk\)](#)

National guidance for households with possible (e.g. symptoms) or confirmed cases of COVID-19 is available at:
[COVID-19: guidance for households with possible coronavirus infection - GOV.UK \(www.gov.uk\)](#)

For most people, coronavirus (COVID-19) will be a mild illness.

If you, or your child undertakes regular asymptomatic testing at home.

People continue to test using LFDs at home throughout their isolation period. If you/they test positive, your household should isolate and the case should take a follow-up PCR test.

Please remember, close contacts of confirmed cases need to isolate for 10 days, even if they themselves test negative for COVID-19. This is because you/they could still be incubating the virus for up to 10 days after contact.

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:
- keep a safe distance (at least 2 metres) away from people you do not live with or who are not in your support bubble.
 - Reduce the time spent in crowded areas where it may be difficult to social distance
 - 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
 - clean surfaces often, paying particular attention to surfaces touched often (e.g. light switches or electronic devices)

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- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze. Dispose of tissues into a rubbish bag immediately and wash your hands.
- wear a face covering in indoor spaces where social distancing may be difficult.
- Keep indoor spaces as well ventilated as possible – let the fresh air in, even if for a short period a day.



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