

14th December 2020

FAO: - Year 10 students only

Due to the recent change in Government guidance, the self-isolation period has reduced to 10 days.

We identified that your child has been in close contact with the affected case. In line with the national guidance, your child last day of self-isolation is today **Monday 14 December 2020** and your child can return to school tomorrow **Tuesday 15 December 2020**.

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**
- **high temperature**
- **a loss 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. 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**

Yours sincerely



Mr Tom Urwin
Principal