

Houghton Regis

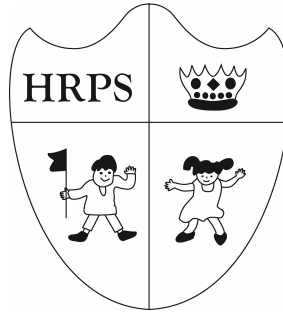
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Primary School

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Date: 8th December 2020

FOR PARENTS OF CLOSE CONTACTS OF COVID 19 at Houghton Regis Primary School

Advice of School Closure and Child to Self-Isolate for 14 Days

Dear parent or carer,

We have been made aware that we have a growing number of positive cases of coronavirus (COVID-19) at Houghton Regis Primary School.

We have followed the national guidance and have identified that it is probable that most children have been in close contact with an affected child or adult so we have made the difficult decision to close the school until the end of term. In line with the national guidance your child must stay at home and self-isolate until 22nd December.

If your child is currently self-isolating, they will not be able to return to school this term as we are shutting the school to prevent the rapid spread of the virus. If your child is well at the end of the 14 days period of self-isolation, then they can return to usual activities. If your child ends their self isolation whilst the school is closed, they do not need to self isolate, but must continue to complete their school work on-line.

Other members of your household can continue normal activities provided your child does not develop symptoms within the 14 day self-isolation period.

Please see the link to: 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>

What to do if your child develops symptoms of COVID 19

The local authority has advised us that our pupils and staff are possibly presenting with some of the lesser known symptoms of Covid, these can be a sore throat, upset stomach and general fatigue. When you apply for a test on-line, please continue the process through the pages and then press the button that states you have been requested to get a test by your local authority. **If your child presents with**



these symptoms or is generally unwell, please book a test and then inform us of the results.

If you receive a positive test result then all other household members who remain well must stay at home and not leave the house for 14 days. This includes anyone in your 'Support Bubble'.

Anyone with symptoms will be eligible for testing and this can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119 .

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. 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 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community

If you are able can, 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

Please see the link to the PHE '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>

Symptoms of COVID 19

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

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

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 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

- 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/>

The school office is going to be open from 9am until 4pm daily until the end of term. Please do not visit the site, but you are welcome to telephone or email if you have any queries or wish to report a positive case.

This is an extraordinary end to an unusual term. By taking this action now we hope to ensure that our school community has a safe and happy Christmas and everyone is fit and



Executive Headteacher

