



# Ark Blacklands Primary Academy

5<sup>th</sup> February 2021

## **Confirmed single case of COVID-19 – General advice to all parents.**

Dear Parents / carers,

We have, this morning, been made aware that a member of our school community have tested positive for coronavirus (COVID-19).

We know that you may find this concerning, but we are continuing to monitor the situation and are working closely with Public Health England and the DfE. This letter is to inform you of the current situation and provide advice on how to support your child(ren). Please be reassured that for most people, coronavirus (COVID-19) will be a mild illness.

The people who may have been in close contact with the individuals who have tested positive for coronavirus (COVID-19) have received a letter informing them that they must stay at home and self-isolate for 10 days from the last contact with the affected person.

I would like to kindly ask all parents, carers, and family members to avoid discussing this case on social media as this can often create misinformation and increase anxiety unnecessarily. Please be assured that we will contact parents and carers should any aspect of this situation change and therefore you can rely on the academy for any official news.

We thank you for your patience and understanding as the academy, its staff and pupils continually work to ensure safety and adapt to the ever-changing situation.

Yours sincerely,

Natalie Rankin

Principal



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## Further Advice:

### What to do if your child develops symptoms of COVID 19

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

**People who do not have symptoms should not request a test** unless this has been specifically requested by Public Health England or the local authority.

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 10-day isolation 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 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>



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**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/>



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