



Date: 18th November 2020

FOR PARENTS OF CLOSE CONTACTS OF COVID 19 at Illogan School

Advice for Child to Self-Isolate for 14 Days

Dear parent or carer,

We have been made aware that we have a confirmed positive case of coronavirus in another staff member (COVID-19) at Illogan School.

We have followed the national guidance and have identified that your **Year 6 child** has been in close contact with the affected adult. In line with the national guidance, your child must stay at home and self-isolate until the end of the day on Saturday 28th November. Please ensure that you follow this guidance and do not bring your Year 6 child to school during this period.

If your child is well at the end of the 14 days period of self-isolation, then they can return to usual activities and attend school again on Monday 30th November. During this period the Year 6 classroom will receive a deep clean to ensure your child's safety.

If your child is entitled to Free School Meals (not Universal Free Meals), we will be in touch about how you can access a food parcel.

Last half-term Miss Selwood sent home a home learning pack for one week. Please use this to support your child's learning whilst self-isolating. Towards the end of this week, we will be in touch with additional resources for next week.

Other members of your household can continue normal activities provided your child does not develop symptoms within the 14 day self-isolation period. Any siblings can continue to attend school as usual.



Churchtown,
Illogan, Redruth,
Cornwall
TR16 4SW



Headteacher: Mrs Jo Knuckey
Telephone: 01209 842360
email: secretary@illoganschool.co.uk
Website: www.illoganschool.co.uk



Please see the link to: <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> Guidance for contacts of people with confirmed coronavirus (COVID-19) infection who do not live with the person

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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 10 days from the date when their symptoms appeared. 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 14 days. This includes anyone in your 'Support Bubble'.

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.



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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



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- wash your hands as
- cover your mouth and sleeve (not your hands)
- put used tissues in the your hands afterwards



soon as you get home nose with a tissue or your when you cough or sneeze bin immediately and wash

Further Information

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

Yours sincerely

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Headteacher



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