

29th March 2021

FOR PARENTS OF CLOSE CONTACTS OF COVID 19 at Cheddar Grove School

Advice for child to self-isolate for 10 days.

Dear Parents/Carers,

We have been advised that there has been a case of COVID-19 within our Class bubble 4H at Cheddar Grove Primary School.

Isolation advice

In line with national guidance, we have identified your child as a close contact of a positive case on Friday 26th March 2021. Therefore, we are asking your child and others who may have had close contact with the student who has tested positive to now stay at home and self-isolate up to and including Monday 5th April (10 days from the date the positive case last attended school). Please note the confirmed case has been identified through a **lateral flow test**, the new government guidance is for all close contacts to isolate until a PCR test result has been obtained. The PCR test will confirm whether class 4H will continue to isolate or can return to school. As soon as we have received the results we will be in contact. Until then all children in 4H **must** continue to isolate.

We are asking you to do this to reduce the further spread of COVID 19 to others in the community.

If your child is well at the end of the self-isolation they can return to usual activities on Tuesday 6th April 2021.

Other members of your household can continue normal activities provided your child does not develop symptoms within the self-isolation period. If your child develops symptoms, your whole household should self-isolate and you should arrange for a test.

Please see the link to the PHE Staying 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>

What to do if your child develops symptoms of COVID 19

If your child develops symptoms of COVID-19, **you should organise for your child to be tested** via the [NHS online portal](#) or by calling 119. Your whole household should isolate until you receive the test results giving the all clear. Please contact the school on covid@bedminsterdown.org.uk if your child develops symptoms of COVID-19 and notify us that you are booking a test. Please then immediately notify us once you have received your result.

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.

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

Flu vaccination

We would like to take this opportunity to remind you and your family to have the flu vaccination if you are eligible for this, especially if you are in a risk group. You can find out about risk groups and whether you are eligible for a flu vaccine at the [NHS Flu vaccine overview](#).

Further information

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

Thank you for your support and understanding in this – we have followed guidance from the Department for Education in this decision and continue to work under national guidance.

Yours sincerely,



Mr P Jeffery
Headteacher



Andrea Arlidge
Chief Executive