



22nd March 2021

FOR PARENTS/CARERS OF CLOSE CONTACT OF COVID 19 at Cheddar Grove Primary School in Class 5P

Advice for child to self-isolate for 10 days.

Dear Parents/Carers,

We have been advised that there has been more confirmed cases of COVID-19 within Class 5P bubble at Cheddar Grove Primary School. This will mean new isolation dates for class bubble 5P.

Isolation advice

In line with national guidance, we have identified your child as a close contact of positive cases on Friday 19th March 2021. Therefore, we are asking your child and others who may have had close contact with the positive person to now stay at home and self-isolate up to and including Monday 29th March 2021 (10 days from the date the positive case last attended school). We have been informed by the Public Health Team that the 10 days of isolation period for close contacts runs from Friday 19th March 2021.

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 from Midnight Monday 29th March 2021 and can return to school on Tuesday 30th March 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. You should contact the school office during school hours on 0117 9030418, if out of hours please email covid@cheddargroveschool.org.uk to let us know your child or somebody in your household has symptoms and is being tested. Your household should isolate until you receive the test results giving the all clear. 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