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**19<sup>th</sup> January 2022**

Dear Parents,

### **Advice to All Parents – Multiple confirmed cases of COVID-19**

We have been made aware that there have been multiple confirmed cases of COVID-19 within the Pre- School.

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 other agencies as appropriate. This letter is to inform you of the current situation and provide advice on how to support your child. Please be reassured that for most people, coronavirus (COVID-19) will be a mild illness.

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

If your child develops symptoms of COVID-19, they must not come to school and should remain at home either until they have a negative PCR test result confirmed, or **10 days** from the day after their symptoms appeared. This self-isolation period may end after **5 full days** subject to the individual having 2 consecutive negative lateral flow tests taken on day 5 and day 6. Testing can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119.

The NHS test and trace service will provide advice for the household of a positive case, which will vary dependent on the vaccination status and age of household members.

Further information is available at: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>. This guidance has been updated to reflect recent changes to guidance.

Those self-isolating 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.

## Symptoms

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

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

If your child or anyone in the household does develop symptoms, you can seek advice from NHS 111 at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/> 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
- it is recommended that adults and children in secondary school complete regular lateral flow tests. Any person (over the age of 5) who has been identified as a close contact of a positive case should complete 7 days of lateral flow testing following contact. These tests are intended for the early identification of cases in asymptomatic individuals. It should be noted that any person with a positive lateral test will no longer need to access a PCR test to confirm infection.

## Further Information

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

Yours sincerely

Waterton Academy Trust