

Together we explore, discover, achieve and grow



Heacham Infant and Nursery School

School Road

Heacham

PE317DQ

01485 570357

office@heachaminfant.co.uk

Thursday 13th January 2022

Dear Parents and Carers,

I am writing to inform you with information on what to do if your child develops symptoms or tests positive for COVID-19. I have also included the latest guidance on what to do if someone in your household is symptomatic or has tested positive and included links to further information.

If your child develops symptoms or tests positive for COVID-19

If your child develops symptoms of coronavirus (COVID-19), they should get a PCR test (<https://www.gov.uk/get-coronavirus-test> or call 119) and remain at home at least until the result is known and they are fever free (without medication) for at least 24 hours.

- *If negative, the child can end self-isolation and return to school once well;*
- *If positive, the child should isolate as a positive case (see below)*

People who test positive for COVID-19 should self-isolate at home until they are well (48 hours fever free) and *either*:

- 10 full days have passed, or*
- They have produced two negative LFD tests at least 24 hours apart, with the first taken no earlier than day 6.*

Note: Lingering coughs and changes to smell/taste are *not* a sign of ongoing infectiousness, so children can return to school if they have ended their self-isolation period (see above).

If your child does not have symptoms, count the day they took the test as day 0. If they subsequently develop symptoms, they will need to restart their isolation period using the day symptoms developed as day 0.

You can seek advice on COVID-19 symptoms from the [nhs.uk website](https://www.nhs.uk). 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.

Instructions for people who live in the same household as someone who has tested positive for COVID-19 or is symptomatic and awaiting a test result

NHS Test and Trace will contact you to check whether you are legally required to self-isolate. If you are not legally required to self-isolate, you will be provided with advice on testing, **advised to take extra caution**, and given guidance on preventing the spread of COVID-19.

Executive Headteacher
Ms L. Jackson

Deputy Headteacher
Mrs E. Hunt

Acting Assistant Headteacher
Mrs C. Chadderton

 West Norfolk Academies Trust

Together we explore, discover, achieve and grow

Those who are clinically extremely vulnerable should be supported to minimise their contact with other people in the household during this period, regardless of whether others have symptoms or not.

You are *not* required to self-isolate if any of the following apply:

- *You are fully vaccinated*
- *You are below the age of 18 years 6 months*
- *You have taken part in or are currently part of an approved COVID-19 vaccine trial*
- *You are not able to get vaccinated for medical reasons*

In line with national guidance for households with Covid-19 infection, household and other close contacts of someone who has tested positive for COVID-19 should undertake **daily LFD testing for a period of 7 days** or for 10 days from their last contact with the positive case (whichever is first). This is recommended for all close contacts aged 5 and over who are not required to isolate. (LFD tests are available via community testing sites, local pharmacies or you can order online for home delivery).

You are required to self-isolate if you're aged over 18 years and 6 months and if any of the following apply:

- *You have received only one dose of the COVID-19 vaccine*
- *You have not received any dose of the COVID-19 vaccination*
- *You are not otherwise exempt*

How to reduce spread of COVID-19 as a household contact who is not required to self-isolate

Even if you are vaccinated, you can still be infected with COVID-19 and pass it on to others. If you are identified as a contact of someone with COVID-19 but you are not required to self-isolate, you can help protect others by following the guidance on how to stay safe and help prevent the spread.

You should follow this advice for at least 10 days.

If you are a health or social care worker or student undertaking a work placement who has been identified as a household contact and are exempt from self-isolation, there is additional guidance available that you should follow to reduce the risk of spread of COVID-19 in these settings.

If you develop symptoms at any time, even if these are mild, self-isolate immediately, arrange to have a COVID-19 PCR test and follow the guidance for people with COVID-19 symptoms.

For most people, coronavirus (COVID-19) will be a mild illness.

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):

Together we explore, discover, achieve and grow

- *Get vaccinated – everyone aged 12 and over can book COVID-19 vaccination appointments now*
- *Wash your hands with soap and water or use hand sanitiser regularly throughout the day*
- *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*
- *Meet people outside and avoid crowded areas*
- *Open doors and windows to let in fresh air if meeting people inside*
- *Wear a face covering if aged 11 and over when it's hard to stay away from other people – particularly indoors or in crowded places*
- *Participate in twice weekly LFD testing following national guidelines (recommended for 11 years and over). We encourage you to log your results here:
<https://www.gov.uk/log-test-site-covid19-results>*

Further Information

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

Yours sincerely,

Louise Jackson