



# SIR THOMAS BOTELER

CHURCH OF ENGLAND HIGH SCHOOL

THROUGH GOD, WE CARE

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Diocese of Liverpool

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## Advice for Child to Self-Isolate for 10 Days

Dear Parents/Carers,

We have been advised that there has been a single confirmed case of COVID-19 within the Year 8 Group bubble.

We have followed Public Health England and other national guidance and have identified that your child has been in close contact with the affected student. Therefore, in line with the national guidance we recommend that your child stay at home and self-isolate until 27<sup>th</sup> June 2021. They are able to return to school on Monday 28<sup>th</sup> June 2021.

We are asking you to do this to reduce the further spread of COVID 19 to others in the community. We appreciate that you might be worried and concerned and we can assure you we are doing everything possible to keep you informed.

Your child will be able to access work on Microsoft teams and be able to sign in to their normal lesson as it will be streamed live where possible. We want to ensure they are still being educated to the best of our ability. Please contact us if there are any problems.

If your child is well at the end of the 10-day period of self-isolation, then they can return to usual activities. A negative test does not mean that your child can return to school earlier than 10 days.

Other members of your household can continue normal activities provided your child does not develop symptoms within the 10-day self-isolation period. We have been advised that contacts of contacts can continue with their normal activities, so siblings can continue to attend school.

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>



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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 as advised in <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

You should arrange for testing for your child via <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested> or 111.nhs.uk or primary care.

All other household members who remain well must stay at home and not leave the house for 10 days. The 10-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.

Household members staying at home for 10 days will greatly reduce the overall amount of infection the household could pass on to others in the community

### 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 NHS 111 at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/> or by phoning 111.



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## 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

- 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

## Further Information

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

Yours faithfully,

Beverley Scott-Herron  
Headteacher



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