



Date: 20/09/20

### **Nursery Children only**

FOR PARENTS OF CLOSE CONTACTS OF COVID 19 at SPRINGVALE PRIMARY SCHOOL

### **Advice for Child to Self-Isolate for 14 Days**

Dear Parent,

We have been advised by Public Health England that there has been a confirmed case of COVID-19 within the school in our **nursery** setting.

We have followed the national guidance and have identified that your child has been in close contact with the affected child as a member of their bubble. In line with the national guidance we recommend that your child now stay at home and self-isolate until **Thursday 1<sup>st</sup> October and then they can return to Nursery from Friday 2<sup>nd</sup> October.**

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 the period of self-isolation, then they can return to usual activities.

**Other members of your household can continue normal activities provided your child does not develop symptoms within the 14 day self-isolation period.**

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, they should remain at home for at least 10 days from the date when their symptoms appeared.

All other household members who remain well must stay at home and not leave the house for 14 days.

The 14-day period starts from the day when the first person in the house became ill.

Household members staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community

If you are able can, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period

## **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.

## **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

## **Further Information**

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

Yours sincerely  
Mr L McClure  
Headteacher

### **Helpful Advice**

- 1. Children must self-isolate even if they do not have symptoms, they should not leave the house to play or access other homes or activities,**
- 2. Children do not require a test unless they develop COVID symptoms during the period of self-isolation. If they do develop symptoms, please let us know immediately.**
- 3. Siblings can return to school as normal, unless they start to display COVID symptoms**
- 4. Self-isolating children cannot attend to the school site to drop off or collect siblings.**
- 5. The self-isolation applies to the nursery children but NOT their entire family.**
- 6. Please note that, despite our initial plans to work as a F1/F2 unit the two bubbles have not mixed indoor or outdoor and therefore F2 and the rest of school is unaffected.**
- 7. Our Nursery staff will send out some helpful advice and guidance for useful home learning at the start of the next two school weeks.**