

GILLESPIE PRIMARY SCHOOL

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Date: 7th July 2021

Advice for your child to self-isolate for 10 days

Dear Parents/Carers,

Following the information we sent yesterday about a positive case of Coronavirus in the Year 5 class, Islington Council's Health Team have requested we send this letter with updated information. This letter is for all close contacts of the positive case which includes those in the class on Wednesday 30th June, Thursday 1st July and Friday 2nd July.

In line with updated advice we are taking a precautionary approach and are considering all confirmed cases of COVID-19 as potential existing or new Variants of Concern, for example the variants that originated in India and South Africa.

What has the school done?

A full risk assessment has been carried out. We have followed the national public health guidance and have identified that your child has been in close contact with the affected person.

PCR testing is now required for all identified close contacts of confirmed COVID-19 cases. In line with the national guidance, **Your child must now:**

- Stay at home and self-isolate for ten full days after the date they were last in contact with the person who tested positive
- Arrange a PCR test as soon as possible, and
- Inform the school of the result when received.

However, anyone who has received a positive PCR test result is advised not to retest for a further 90 days as subsequent results may not be accurate.

Please note, your child still needs to complete their 10-day self-isolation even if their PCR test result is negative. If their PCR test result is positive, they should remain self-isolated for at least 10 full days from the date of the test.

This means your child can stop isolating at 23:59 on Monday 12th July and return to school on Tuesday 13th July 2021.

What do you need to do?

- Your child needs to self-isolate for 10 full days. They should not leave your home except in exceptional circumstances, for example for a medical emergency or to avoid a risk of harm. They cannot go to school/nursery or public areas. People can become infectious up to 2 days before symptoms begin and they could spread the disease to others if they do not go into self-isolation. Your child should try to avoid contact with vulnerable family members as much as possible.
- Other members of your household do not need to self-isolate during the 10 days if your child does not have symptoms. They can continue normal activities.

What to do if my child develops symptoms during the 10 days

For most people, COVID-19 will be a mild illness. However, if your child develops ANY of the three main symptoms of COVID-19, a new continuous cough, a high temperature, a change in their normal sense of taste or smell they should stay isolating at home and have a test as soon as possible. All other household members must self-isolate whilst you wait for result. See the PHE [Staying at Home Guidance](#).

- **If the test result is negative** – your child must continue to self-isolate until the end of the original 10 full days, as they could still develop COVID-19. The rest of the household can stop isolating, unless someone gets new symptoms.
- **If the test result is positive** – your child must self-isolate for 10 full days from when their symptoms started. The rest of the family will also need to self-isolate for 10 full days from when your child's symptoms started.

What to do if my child does not develop symptoms of COVID-19 during the 10 days

They need to stay at home for the full 10 days because it can take 10 days for symptoms of COVID-19 to develop. If your child does not stay at home, there is a chance that they could pass on COVID-19 to someone else, even if they feel well. Even if they never develop symptoms, they can still be infected and pass the virus on without knowing it.

If your child is well at the end of the 10-day period of self-isolation, they can return to usual activities.

We know that this is a difficult time for families and thank you for your support as we work to keep our school/nursery/childminders and wider community safe.

Yours sincerely,

Mark Owen
Headteacher

For more information see next page, and:

www.gov.uk/coronavirus/education-and-childcare

www.nhs.uk/conditions/coronavirus-covid-19/symptoms or by phone 111.