



Dashwood Banbury Academy

an Aspirations Academy

Growing together; succeeding together

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FOR PARENTS OF CLOSE CONTACTS OF COVID 19 at Dashwood Banbury Academy

Advice for Child to Self-Isolate for the Year 5 bubble

Dear parent or carer,

This evening, we have been made aware of a confirmed positive case of coronavirus (COVID-19) via the lateral flow testing system at Dashwood Banbury Academy that is within the Year 5 bubble.

We have followed the national guidance and have identified that your child in the Year 5 class has been in close contact with the affected person. In line with the national guidance, **your child** must stay at home and **self-isolate now**. As per my previous letter around lateral flow testing, please be prepared to isolate your child for around 10 days but we will inform you if this can be shortened on hearing the results from a PCR test and when we are clear on exactly when the isolation will end. (Please note that isolation means that children must **NOT** leave the house for any reason including coming on site to drop off or collect siblings which can remain in school.) **Work will be set on Seesaw every day for them to ensure continuity of education.**

If your child is well at the end of 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 10 day self-isolation period (please note that the 10 day period began at the last point of contact with the confirmed case which was last week).

Please see the link to: Guidance for contacts of people with confirmed coronavirus (COVID-19) infection who do not live with the person.

<https://www.gov.uk/government/publications/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person>

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. Anyone with symptoms will be eligible for testing and this can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119.

People who do not have symptoms should not request a test unless this has been specifically requested by Public Health England or the local authority.

All other household members who remain well must stay at home and not leave the house for 10 days. This includes anyone in your 'Support Bubble'.

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. 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.



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

If you are able to, try to 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.

Please see the link to the PHE 'Stay 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>

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 the nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>. 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.

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/>. We know that you may find this concerning but we are continuing to monitor the situation and are working closely with Public Health England. 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.

Please contact the school if you need any further advice or support. We hope that you and your child remains well.

Yours sincerely



Mrs Amy Rogers

Principal