



Thursday 18<sup>th</sup> March 2021

### **Advice to All Parents/Carers - Single case**

Dear Parents/Carers,

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

The small number of children who have been in close contact with the individual who has tested positive for coronavirus (COVID-19) have received a letter informing them that their child must stay at home for 10 days.

The school remains open and your child should continue to attend as normal if they remain well.

### **What to do if your child develops symptoms of COVID 19**

If your child develops symptoms of COVID-19, they must not come to school and should remain at home for at least **10 days** from the date when their symptoms appeared. Anyone with symptoms will be eligible for a PCR test (the normally available test type) and this can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119.

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'.

Further information is available at: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

The household isolation period includes the day the first person in your household's symptoms started (or the day their test was taken if they did not have symptoms) and the next 10 full days. This means that if, for example, your 10 day isolation period starts on the 15th of the month, your isolation period ends at 23:59 hrs on the 25th and you can return to your normal routine.

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, 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**

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

**Dudley Council's Public Health Team is requesting anyone displaying any of the wider symptoms, which may be linked to Covid-19, to also book at test.\***

- Loss of Appetite
- Extreme Tiredness
- Headaches
- Joint Pain or Muscle Ache
- Nausea
- Sore Throat
- Sneezing
- Diarrhoea
- Vomiting
- Runny Nose or Congestion

\*Please see details in the letter reproduced below.

**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/>

Yours sincerely

Mrs D Hudson  
Headteacher



Dear Parents and Carers,

As you are aware, individuals who have any of the three main Covid-19 symptoms (high temperature, new, continuous cough, loss or change of taste or sense of smell) must self-isolate (stay at home) immediately and book a Covid-19 test.

However, there are also a number of other, wider symptoms (see table below), which may be linked to Covid-19 infection, although these symptoms are also common in a number of other illnesses.

Dudley Council's Public Health team and the school are keen to make sure we are doing all we can to prevent any further cases and are therefore **recommending that all children and staff in education settings get a Covid-19 test as a precaution if they display any of these wider symptoms.** Details of how to book a test are included below.

Loss of Appetite	Sore Throat
Extreme Tiredness	Sneezing
Headaches	*Diarrhoea (must be clear of symptoms for 48hrs before returning to school)
Joint Pain or Muscle Ache	**Vomiting (must be clear of symptoms for 48hrs before returning to school)
Nausea	Runny Nose or Congestion

Please note that:

- If your child has any of these wider symptoms (apart from diarrhoea\* and vomiting\*\*) they can carry on attending their education setting if they are well enough to do so and are not already self-isolating due to being a contact of a positive case.
- If your child has tested positive for Covid-19 in the last 90 days, they should not get tested for wider symptoms. However, they must self-isolate and seek a new test if they display any of the three main Covid-19 symptoms.
- If the test result is positive your child and your household must self-isolate for 10 days from their symptom onset date.
- If your child is currently self-isolating as a contact and the test result is negative, they must still continue their 10 day isolation period.
- If the test result is negative but your child then develops a high temperature, new, continuous cough or loss or change of taste or sense of smell they (and your household) must self-isolate and you must arrange another test for your child.



The Council's Public Health Team believes that this approach will help reduce transmission in the school and help maintain your child's education.

The national testing centres across the borough have good availability and tests can be booked through the [NHS website](#) or NHS Test & Trace App. When booking a test you will need to select "*My local council or health protection team has asked me to get a test, even though I do not have symptoms*", if your child does not have one of the three main symptoms. For further information on how to book a test, please see the attached guidance.

Please remember that even if your child tests negative now, should they develop a high temperature, new, continuous cough or loss or change of taste or sense of smell the household must self-isolate and your child will need to be retested. If your child tests positive, they must isolate for 10 days and your household must also isolate for 10 days.

We hope you understand that this new measure is important to keep your family, the school and your local community safe.

Yours sincerely

Dudley Council's Public Health Team



### **How to book a test online**

1. Visit this website: <https://www.gov.uk/get-coronavirus-test> and choose 'Start now'
2. Select: "no, none of these symptoms"

## **Does the person who needs a test have coronavirus symptoms?**

The main symptoms of coronavirus are:

- a high temperature
- new, continuous cough
- loss or change to your sense of smell or taste

Most people with coronavirus have at least one of these symptoms.

- Yes, at least one of these symptoms
- No, none of these symptoms

**Continue**

3. Select: "no" the person is not an essential worker

## **Is the person who needs a test an essential worker?**

Essential workers include NHS staff, teachers and transport staff. Check the [full list of essential workers on GOV.UK](#).

- Yes
- No
- I don't know

**Continue**



4. Select: “no” you are not part of a trial

## Is the person who needs a test part of a trial or government pilot project?

For example, they live or work in Liverpool and are taking part in city-wide testing

Yes

No

Continue

5. Select “my local council or health protection team has asked me to get a test, even though I do not have symptoms”

## Why are you asking for a test?

I've been told to get another coronavirus test

I'm ordering for someone I live with who has coronavirus symptoms

My local council or health protection team has asked me (or someone I live with) to get a test, even though I do not have symptoms

I'm part of the National Tactical Response Group (NTRG), or someone I live with is

None of the above

Continue

6. Complete the rest of the form with details.



If you order a home test kit make sure you post this into a priority post-box to return it. You can find where they are located at <https://www.royalmail.com/priority-postboxes>