



Friday, 02 October 2020

Advice to Self-Isolate for 14 Days

Dear Parent / Carer,

We have been advised by Public Health England that there has been a confirmed case of COVID-19 within the Year 7 bubble at Hazel Wood High School.

We have followed the national guidance and have identified that your child may have been in close contact with the affected person. In line with the national guidance we recommend that your child now stays at home and self-isolate until Tuesday 13th October. **This means that they will return to school on Wednesday 14th October 2020.** Please ensure that you read the information within this letter as this may affect when your child returns to school.

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 14 days period of self-isolation, then they can return to usual activities. A negative test does not mean that your child can return to Hazel Wood High School earlier than 14 days. Other members of your household can continue normal activities provided your child does not develop symptoms within the 14 day self-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)

Who is considered a close contact in a school setting?

A close contact is defined as a person who has had contact (see below) at any time from 48 hours before onset of symptoms (or test if asymptomatic) to 10 days after onset of symptoms (or test):

- a person who has had face-to-face contact (within one metre) with someone who has tested positive for coronavirus (COVID-19), including:
 - being coughed on, or
 - having a face-to-face conversation, or
 - having skin-to-skin physical contact, or
- any contact within one metre for one minute or longer without face-to-face contact
- a person who has been within 2 metres of someone who has tested positive for coronavirus (COVID-19) for more than 15 minutes
- a person who has travelled in a small vehicle *with* someone who has tested positive for coronavirus (COVID-19) or in a large vehicle *near* someone who has tested positive for coronavirus (COVID-19)
- people who spend significant time in the same household as a person who has tested positive for coronavirus (COVID-19)



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Which contacts need to self-isolate?

Where the child, young person or staff member tests positive and they had attended the school in the 48 hours prior to developing symptoms, direct and close contacts will be identified and advised to self-isolate.

Please note: The other household members of that wider class or group do not need to self-isolate unless the child, young person or staff member they live with in that group subsequently develops symptoms.

How to stop the spread of COVID-19 during self-isolation

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
- keep 2 metres away from people who you don't live with
- wear a face covering indoors in public places

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 by:

- <https://www.bury.gov.uk/book-a-coronavirus-test>
- <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested>
- 111.nhs.uk
- your GP

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 should not go to work, school or public areas and exercise should be taken within the home.

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 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.

Support during self-isolation

If you become symptomatic, have to self-isolate and don't have any other support, Bury Community hubs are still here to help with food shopping and collecting medicine supplies.



How to get help during self-isolation

- Contact Bury Community Hub by phone: Dial 0161 253 5353 (Monday to Friday, 9am to 5pm).
- Greater Manchester Text phone: Dial 07860 022876 (Messages will be responded to by the next working day)

Further Information

Latest NHS information and advice about coronavirus (COVID-19).

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

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>

Yours sincerely,

A handwritten signature in black ink, appearing to read 'P. Greenhalgh'.

Mr. P. Greenhalgh
Headteacher



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