

Date: 18th September 2020.

## FOR PARENTS OF DIRECT CLOSE CONTACTS OF COVID 19 AT WAPPING HIGH SCHOOL.

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

Dear Parent or Carer

We have reported to Public Health England and The London Coronavirus Response Centre (LCRC) that there has been a confirmed case of COVID-19 within the school.

We have followed the national guidance and have identified that if you have a child in Year 8 they could have been in contact with the affected student within the Year 8 bubble. In line with the national guidance we recommend that your child now stay at home and self-isolate until **Monday 28th September 2020 when your child needs to return to school**. This date has been extended from the date previously quoted in the school text you received this week following further analysis and advice from the LCRC. Year 8 students will be set home learning activities throughout the isolation period to ensure that they do not fall any further behind.

**Please note that this isolation period only applies to Year 8 and any siblings in other year groups. All other students from other year groups are expected to attend school as normal.**

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.

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 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 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 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, your 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 Gary Nelson  
Headteacher