

2nd December 2020

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A University of Kent Academies Trust School

Dear Parent/Carer,

## FOR PARENTS/CARERS OF CLOSE CONTACTS OF COVID 19 - YEAR 7

Following advice from Public Health England, I am writing to notify you that as a precaution, your child should self-isolate following them potentially having had contact with a student who was confirmed as being tested positive with COVID-19 via one of the following:

- The student's friendship group.
- The student had been sitting next to the student for more than 15 minutes and within a space of two meters.
- The student has had face-to-face contact with the student for more than one minute.

As we have systems in place to identify these students, we are now contacting you directly to inform you that **your child has been identified as having been in close contact with the student who tested positive to COVID-19**, and in line with the national guidance we recommend that your child continues to remain at home to self-isolate, returning to the Academy on the **15th December 2020**.

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 following link, Guidance for contacts of people with confirmed coronavirus (COVID-19) infection who do not live with the person:

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

All other household members who remain well must stay at home and not leave the house for 14 days. This includes anyone in your 'Support Bubble'.

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. 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 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.

Please see the following 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 calling 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.



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

Yours faithfully,

Jenny Best  
**UKAT Executive Principal**



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