



Hertfordshire County Council  
**GOFFS OAK PRIMARY & NURSERY SCHOOL**  
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**FOR PARENTS OF CHILDREN IN CLOSE CONTACT WITH CONFIRMED CASE OF COVID-19  
in Reception Class**

**Advice for child to self-isolate until 18<sup>th</sup> December 2020**

06/12/20

Dear Parents,

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

We have spoken at length with Public Health England and have identified that your child may have been in close contact with the affected person within the class on 3.12.20. In line with the national guidance, and as a precaution, your child must stay at home and self-isolate until 18.12.20

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 self-isolation period.

Please follow the link below for guidance for other contacts:

<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>

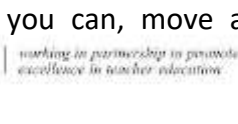
**What to do if your child develops symptoms of COVID 19**

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.

If your child does test positive for COVID 19 would you please advise school by telephone or email straightaway. 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 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 daily tasks such as buying groceries, other shopping, 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 possibility of the household passing the infection 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.

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-householdswith-possible-coronavirus-covid-19-infection>

### **Symptoms of COVID 19**

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

### **School Work For Your Child- Tapestry**

The class teacher will post work on Tapestry for your child to complete during the isolation period. This will commence tomorrow. If your child does not have access to equipment, please contact the school as soon as possible so that we can offer support with this.

### **Free School Meals**

For children who are eligible for Free school meals, the school will be arranging food to be delivered to you.

Thank you for your understanding at this difficult time.

Yours sincerely

Aimee Hart