

Monday 23rd November 2020.

**Important reminder to help each other stay safe during your child’s period of isolation.**

Dear Parents/ Carers,

Over the weekend my son (who has been sent home from school as he was assessed as being in close contact with a pupil who had tested positive for COVID 19 a week ago and is on Day 9 of self-isolation) asked if he could take a walk and pick up a takeaway as he was under the impression that this was now allowed as he had isolated for 9 days and had not had any symptoms!!

As is the best way to way to win a ‘debate’ with a 13-year-old I had to have the facts at the ready!

I went to the NHS track and trace information page.

Basically, a person who has been identified as track and trace (which is the same as our current Class 2 bubble restrictions) **needs to stay in the house and self-isolate** until the period stipulated in their notification (or in schools’ case, the letter that was sent out) until the date given. This is the case even if you have had a negative test for COVID.

For your information I have copied the information as follows:

* self-isolate for 14 days from the day you were last in contact with the person who tested positive for coronavirus – as it can take up to 14 days for symptoms to appear
* do not leave your home for any reason – if you need food or medicine, order it online or by phone, or ask friends and family to drop it off at your home
* do not have visitors in your home, including friends and family – except for essential care
* try to avoid contact with anyone you live with as much as possible
* people you live with do not need to self-isolate if you do not have symptoms
* people in your support bubble do not need to self-isolate if you do not have symptoms

If you live with someone at [higher risk from coronavirus](https://www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/whos-at-higher-risk-from-coronavirus/), try to arrange for them to stay with friends or family for 14 days.

If you have to stay in the same home together, read about [how to avoid spreading coronavirus to people you live with](https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-to-avoid-spreading-coronavirus-to-people-you-live-with/).

## If you get symptoms of coronavirus

If you get any symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste) while you're self-isolating:

* get a test as soon as possible
* anyone you live with must self-isolate until you’ve been tested and received your result
* anyone in your support bubble should self-isolate if you've been in close contact with them since your symptoms started or during the 48 hours before they started

[**Get a test to check if you have coronavirus on GOV.UK**](https://www.gov.uk/get-coronavirus-test)

### What to do when you get your test result

If you test negative (the test did not find coronavirus):

* keep self-isolating for the rest of the 14 days from when you were last in contact with the person who has coronavirus – as you could get symptoms after being tested
* anyone you live with can stop self-isolating if they do not have symptoms
* anyone in your support bubble can stop self-isolating if they do not have symptoms

If you test positive (you have coronavirus):

* self-isolate for at least 10 days from when your symptoms started – even if it means you're self-isolating for longer than 14 days
* anyone you live with must self-isolate for 14 days from when your symptoms started
* anyone in your support bubble should self-isolate for 14 days from when your symptoms started

Read more about [how long to self-isolate](https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-long-to-self-isolate/).

## If you do not get symptoms of coronavirus

If you do not get any symptoms of coronavirus while self-isolating:

* you can stop self-isolating after 14 days
* you do not need to have a test

While I can appreciate staying in gets harder as the days go on please stay safe and help us to keep each other and our wider community safe. See you all safe and well on Friday.

 Belinda Athey, Headteacher.