



# BOWERHAM PRIMARY & NURSERY SCHOOL

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FOR CLOSE CONTACTS OF CONFIRMED CASES OF COVID-19

## Advice to Self-Isolate for the next 10 Days

Dear Parents of **Year 6 children that have attended school on Monday 22nd February or Tuesday 23rd February only.**

If your child has been attending school **this Monday or Tuesday** they have been identified as a close contact of a confirmed case of COVID-19.

In line with the national guidance available below, we recommend that they now stay at home and self-isolate until 23:59 on Thursday 4<sup>th</sup> March.

We are asking them to do this to reduce the further spread of COVID 19 to others in the community.

If they are well at the end of the 10 days period of self-isolation, then they can return to usual activities. A negative test does not mean that they can stop self-isolation earlier than 10 days.

Other members of your household can continue normal activities provided you do not develop symptoms of COVID-19 within the 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 you develop symptoms of COVID 19

If they develop symptoms of COVID-19, they should remain at home for at least 10 days from the date when the symptoms appeared as advised in

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

You can arrange for their testing for via <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested>.

All other household members who remain well must stay at home and not leave the house for 10 days.

The 10-day period starts from the day when the first person in the house became ill.

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## Stand tall, reach high, love learning

The Bowerham School community is proud to nurture aspiration,  
inspire love for life-long learning and prepare children for a changing

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 10 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, normal sense of taste or smell (anosmia)

For most people, coronavirus (COVID-19) will be a mild illness.

If you do 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

- 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

Joanne Banks  
Headteacher