



17 November 2020

Dear Parents/Carers,

IMPORTANT REMINDER

I am writing to remind all Parents/Carers about the rules regarding self-isolation should anyone in the household have suspected symptoms of coronavirus.

The common symptoms of COVID-19 are:

- a high temperature, and/or
- a new continuous cough
- loss of sense of taste or smell

If you, or anyone in your family, has these symptoms now or in the future, you must **ALL** self-isolate until the family member has been tested. If they test positive, then they need to isolate for 10 days from the day they first started getting symptoms. The rest of the household must isolate for 14 days from the first day the person started getting symptoms. This is to protect others in your community.

Testing for people with symptoms is available via:

<https://www.nhs.uk/conditions/coronavirus-covid-19/what-to-do-if-you-or-someone-you-live-with-has-coronavirus-symptoms/>

Precautions

There are things you can do to avoid catching or spreading coronavirus:

- wash your hands with soap and water often – do this for at least 20 seconds
- when you leave your home, always wash your hands when you return
- use hand sanitiser gel if soap and water are not available
- 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
- try to avoid close contact with people who are unwell

Please can we remind you that all adults are required to wear a face covering to drop off and collect their child. Please also keep a 2-metre distance from others.

Thank you for your support in helping to keep everyone at our school safe.

Yours sincerely,

Joanne Andrews
Headteacher