



Date: 8 September 2021

Dear Families

Self-isolation Rules Explained

We understand that families may have questions about the isolation process should someone in your family/household test positive for COVID-19, as this has changed from July 2021.

The Government guidance on isolation for children in education settings, should someone in your household test positive is as follows:

As with positive cases in any other setting, NHS Test and Trace will work with the positive case and/or their parent to identify close contacts. Contacts from a school setting will only be traced by NHS Test and Trace where the positive case and/or their parent specifically identifies the individual as being a close contact. This is likely to be a small number of individuals who would be most at risk of contracting COVID-19 due to the nature of the close contact. You may be contacted in exceptional cases to help with identifying close contacts, as currently happens in managing other infectious diseases.

Individuals are not required to self-isolate if they live in the same household as someone with COVID-19, or are a close contact of someone with COVID-19, and any of the following apply:

- ***they are fully vaccinated***
- ***they are below the age of 18 years and 6 months***
- ***they have taken part in or are currently part of an approved COVID-19 vaccine trial***
- ***they are not able to get vaccinated for medical reasons***

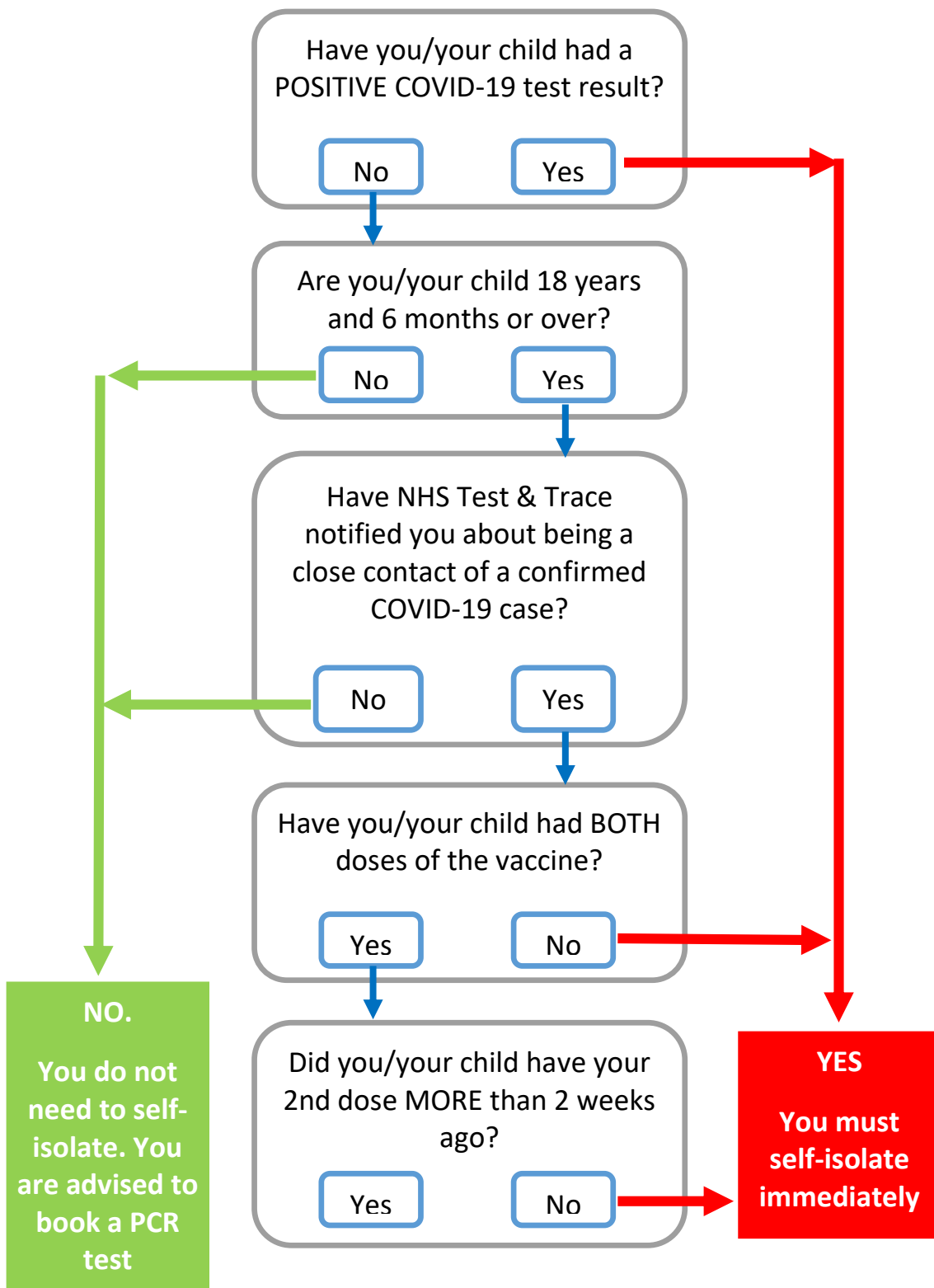
Instead, they will be contacted by NHS Test and Trace, informed they have been in close contact with a positive case and advised to take a PCR test. We would encourage all individuals to take a PCR test if advised to do so.

If you would like further guidance on self-isolation please visit the website below:

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

School still requires ALL families to inform us if your child will not be attending school following a positive COVID-19 result and also if there is a positive case within your household, regardless of whether your child is isolating or not.

Please use the chart below to help you in making your decision:



If you are at all unsure please contact the school office either by phone 0113 2552526 or by email at office@parkspringprimary.co.uk and we will be happy to help.

COVID-19 is still a serious risk to our school community and the wider area, and we ALL need to make sure we are following guidance on how to keep everyone safe. Should someone in your household test positive for COVID-19 the NHS have provided the following guidance to help you and your family keep safe and this could also be used in a general sense of wellbeing.

Try to stay away from people you live with

If you have symptoms, you should stay away from other people you live with as much as possible.

If you can:

- ***stay on your own in one room as much as possible and keep the door closed***
- ***avoid using shared spaces (such as the kitchen) at the same time as other people – eat your meals in your room***
- ***use a separate bathroom - otherwise, use the bathroom after everyone else and clean it each time you use it, for example, by wiping the surfaces you've touched***

How to reduce the spread of infection in your home

Do

- ***wash your hands with soap and water often, for at least 20 seconds***
- ***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***
- ***clean objects and surfaces you touch often (such as door handles, kettles and phones) using your regular cleaning products***
- ***consider wearing a face covering when in shared spaces***
- ***keep windows open in the room you're staying in and shared spaces as much as possible***

Don't

- ***do not share towels, including hand towels and tea towels***

If children present with any of the three main symptoms of COVID-19 (see below for a reminder), please do NOT send them to school and arrange for them to have a PCR test. Should they present with symptoms during the school day, we will contact you immediately and you must come and collect your child as soon as possible and arrange for them to have a PCR test. Children will not be able to return to school until a negative test result can be provided as proof to school or should the result be positive they will need to complete the isolation period suggested by NHS Track and Trace.

The main symptoms of coronavirus (COVID-19) are:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)

- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

While we are aware of the importance of keeping children in education as much as possible, we also have a duty of care to keep everyone safe and to adhere to the guidelines set by the Government and the Local Authority to help in the efforts to fight the virus. We want to work with families to keep us all safe.

Please do not hesitate to contact us with any questions. We will be happy to help.

Yours sincerely

Mrs R Horan
Headteacher