



HILLINGDON PRIMARY SCHOOL

Learning and Achieving Together

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Advice for your child to self-isolate for 10 days

Dear Parent/Carer

We have been informed that a person in class 4H has tested positive for coronavirus (COVID-19).

What has the school done?

A full risk assessment has been carried out. We have followed the national public health guidance and have identified that your child has been in close contact with the affected person. **Your child must now stay at home and self-isolate for ten full days after the date they were last in contact with the person who tested positive. This means they can stop isolating at 23:59 on Saturday 3rd July and return to school on Monday 5th July.**

What do you need to do?

- Your child needs to self-isolate for 10 full days. They should not leave your home except in exceptional circumstances, for example for a medical emergency or to avoid a risk of harm. They cannot go to school/nursery or public areas. People can become infectious up to 2 days before symptoms begin and they could spread the disease to others if they do not go into self-isolation. Your child should try to avoid contact with vulnerable family members as much as possible.
- **Other members of your household do not need to self-isolate during the 10 days if your child does not have symptoms.** They can continue normal activities.

What to do if my child develops symptoms during the 10 days

For most people, COVID-19 will be a mild illness. However, if your child develops ANY of the three main symptoms of COVID-19, a new continuous cough, a high temperature, a change in their normal sense of taste or smell they should continue to isolate at home and have a test as soon as possible. All other household members must self-isolate whilst you wait for the result. See the PHE [Staying at Home Guidance](#).

- **If the test result is negative** – your child must continue to self-isolate until the end of the original 10 full days, as they could still develop COVID-19. The rest of the household can stop isolating, unless someone gets new symptoms.
- **If the test result is positive** – your child must self-isolate for 10 full days from when their symptoms started. The rest of the family will also need to self-isolate for 10 full days from when your child's symptoms started.

What to do if my child does not develop symptoms of COVID-19 during the 10 days

They need to stay at home for the full 10 days because it can take 10 days for symptoms of COVID-19 to develop. If your child does not stay at home, there is a chance that they could pass on COVID-19 to someone else, even if they feel well. Even if they never develop symptoms, they can still be infected and pass the virus on without knowing it.

If your child is well at the end of the 10-day period of self-isolation, they can return to usual activities.

We know that this is a difficult time for families and thank you for your support as we work to keep our school and wider community safe.

Yours sincerely,







A handwritten signature in black ink that reads "Ann Bowen-Breslin". The signature is written in a cursive style.

Ms A Bowen-Breslin
Principal

For more information see next page, and:

www.gov.uk/coronavirus/education-and-childcare

www.nhs.uk/conditions/coronavirus-covid-19/symptoms/ or by phone 111.

What is the situation?	What do I do?	When can my child go back to school or nursery?
<p>My child has at least one symptom of COVID-19</p> 	<ul style="list-style-type: none"> Your child must not go to school or nursery Your child should have a test as soon as possible The whole household should self-isolate while waiting for the test result and should not go out Let your school know about the test result 	<ul style="list-style-type: none"> 10 full days after the symptoms started if the test result is positive If the test result is negative, your child can return to school or nursery (as long as they are well and they are not a contact of someone with COVID-19).
<p>My child has tested positive for COVID-19</p> 	<ul style="list-style-type: none"> Your child must not go to school or nursery Your child should self-isolate for 10 full days from when their symptoms started (or from the day they took the test if they had no symptoms) The whole household should not go out and must self-isolate for 10 full days from the date your child's symptoms started (or from the day they took the test if they had no symptoms) 	<ul style="list-style-type: none"> 10 full days after the onset of symptoms if the test result is positive (or from the test result if they had no symptoms), In some people, the cough or loss of taste and smell can last a few weeks. Your child can still go to school during this time, as long as they are otherwise well, had no fever for 48 hours, and have completed 10 days of self-isolation
<p>My child's school or nursery has identified my child as a close contact of a person with COVID-19</p> 	<ul style="list-style-type: none"> Your child should not go to school/nursery Your child must self-isolate for 10 full days They do not need to be tested unless they have symptoms. If they have symptoms they should get a test The rest of the household does not need to self-isolate unless your child goes on to develop symptoms or anyone in the household has a positive COVID-19 test for any reason 	<ul style="list-style-type: none"> When your child has completed the 10 full days of self-isolation, as recommended by the school or nursery
<p>NHS Test and Trace has identified my child as a close contact of a person with COVID-19 outside of school or nursery</p> 	<ul style="list-style-type: none"> Your child must not go to school or nursery They should self-isolate for 10 full days If your child has symptoms they should get tested They should continue to self-isolate even if they test negative during those 10 days The rest of the household does not need to self-isolate unless they have also been in contact with the case, or your child goes on to develop symptoms or anyone at home has a positive test for any reason 	<ul style="list-style-type: none"> When your child has completed the 10 full days of self-isolation, as recommended by NHS Test and Trace
<p>Someone else in my household has symptoms of COVID-19</p> 	<ul style="list-style-type: none"> Your child must not go to school or nursery The household member with symptoms should have a test as soon as possible Your whole household should self-isolate whilst waiting the test result No member of the family should be at school/work whilst awaiting a test result 	<ul style="list-style-type: none"> If the household member tests negative, and your child does not have symptoms of COVID-19, your child can return to school or nursery If the household member tests positive, see below
<p>Someone else in my household has tested positive for COVID-19</p> 	<ul style="list-style-type: none"> Your child must not go to school or nursery Your whole household should self-isolate for 10 days from the time that the person with the positive test started their symptoms (or from the test date if they had no symptoms), even if anyone else in the household tests negative during the 10 days 	<ul style="list-style-type: none"> When your child has completed the 10 days of self-isolation If they develop symptoms during the 10 days, they need a test and must self-isolate for a further 10 days from their symptoms starting if it is positive