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FOR PARENTS OF CLOSE CONTACTS OF COVID-19

Dear Parent,

Advice for Child to Self-Isolate for 10 Days

We have been advised that there has been a confirmed case of COVID-19 within the school.

We have identified that your child has been in close contact with the affected case. In line with the national guidance we recommend that your child now stays at home and self-isolate up to and including Saturday 3rd July. Your child must not go to school or any public areas: your child must remain at home. Further details of what your child needs to do are in NHS Guidance:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-for-coronavirus/nhs-test-and-trace-if-youve-been-in-contact-with-a-person-who-has-coronavirus/>

We are asking you to do this to reduce the further spread of COVID 19 to others in the community. If you need support with isolation, please contact your local Council.

Other members of your household can continue normal activities provided your child does not develop symptoms within the self-isolation period.

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

Apply for a Test and Trace Support Payment

As a parent or guardian of a child who has been told to self-isolate, you may need to take time off work to look after them. If this is the case you may be eligible for a self-isolation payment of £500. For more information please see: www.gov.uk/test-and-trace-support-payment

What to do if your child develops symptoms of COVID 19

For most people, especially children, COVID-19 will be a mild illness.

The most common symptoms of COVID-19 are recent onset of:



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- new continuous cough and/or
- high temperature and/or
- a loss of, or change in, normal sense of taste or smell (anosmia)

If your child develops any of these symptoms of COVID-19, they should remain at home and you should arrange a PCR (Polymerase Chain Reaction) test for them.

Testing can be arranged by calling 119 or via gov.uk/get-coronavirus-test

If your child has developed symptoms, all other household members must begin to self-isolate, this means staying at home, not go to work, school or public areas, even for exercise.

When you receive the result of your child's PCR test, further advice will be provided via the NHS Test and Trace Service.

If your school asks you to arrange a PCR test for your child without symptoms.

On some occasions the school may ask you to arrange a PCR test for your child and the national system does allow for a PCR test if you have no symptoms in the following circumstances:

- you've been in contact with someone who's tested positive
- you've been asked to get a test by a local council or someone from NHS Test and Trace
- a GP or other health professional has asked you to get a test
- you've been asked to get a test to confirm a positive result

A full list of circumstances can be found via www.gov.uk/get-coronavirus-test. If you have difficulty accessing a PCR test please contact the Community Hub for help (see below for details).

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
- keep a regular flow of fresh air into indoor areas.



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Help, support, and further information.

To help you comply with the requirement to self-isolate, the County Durham Together Community Hub can provide access to essential supplies, financial support and emotional support as well as other services. Please visit durham.gov.uk/covid19help or call the Community Hub on 03000 260260 for further details.

There is also support available the coronavirus section via durhamlocate.org.uk

Useful Websites

www.gov.uk/coronavirus

www.nhs.uk/coronavirus

www.durham.gov.uk/coronavirus

www.durham.gov.uk/covid19help

www.durhamlocate.org.uk

Yours sincerely

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