



18<sup>th</sup> December 2020

FOR PARENTS OF CLOSE CONTACTS OF COVID19 IN **Reception Class**

**Re: Advice for your Child to Self-Isolate for 10 Days**

Dear Parents/Guardians,

As-salaamu alaikom

I hope this letter finds you in best health and strong Imaan.

We have followed the national guidance and have identified that your child has been in close contact with a Covid positive case, i.e. a Teaching Assistant in the Reception Class. In line with updated national guidance your child must stay at home and self-isolate for 10 full days, until and including Saturday 26<sup>th</sup> December.

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

Other members of your household can continue normal activities provided your child does not develop symptoms within the 10 day self-isolation period.

Please see the link to: Guidance for contacts of people with confirmed coronavirus (COVID-19) infection who do not live with the person

<https://www.gov.uk/government/publications/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person>

**What to do if your child develops symptoms of COVID 19**

If your child does develop symptoms, you can seek advice from the nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>. If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> or by phoning 111.

People who do not have symptoms should not request a test unless this has been specifically requested by Public Health England or the local authority.

All other household members who remain well must stay at home and not leave the house for 10 days. This includes anyone in your 'Support Bubble'.





**Executive Head:** Mrs M. Mohamed BSC.HONS, LPSH, PGCE, PG.DIP

**Head Teacher:** Mrs D. Ghafori

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

Household members should not go to work, school or public areas and exercise should be taken within the home. If you require help with buying groceries, other shopping or picking up medication, you should ask friends or family. Alternatively, you can order your shopping online and medication by phone or online.

Please see the link to the PHE 'Stay 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>

### 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)

### 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

Do

- 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





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## Further Information

Further information is available at

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

I pray that those affected make a speedy recovery and Allah swt protects everyone from harm.

Wasalaam

Mrs D. Ghafori  
**Head Teacher**

