



8<sup>th</sup> July 2021

**FOR PARENTS/CARERS OF CLOSE CONTACTS OF COVID19 IN YEAR 3**

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

Dear Parents/Carers,

As-salaamu alaikom

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

We have been informed that there has been a confirmed case of COVID-19 in Year 3 where a pupil has tested positive.

In line with national guidance your child must stay at home and self-isolate for 10 days, until and Friday 16<sup>th</sup> July.

If your child is well at the end of the 10 days period of self-isolation, then 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.

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

If your child develops symptoms of COVID-19, they should remain at home for at least 10 days from the date when their symptoms appeared. Anyone with symptoms will be eligible for testing and this can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119.

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'.

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

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)

Recently, particularly here in the North West, some wider symptoms have been identified such as runny nose, body ache, fatigue, vomiting and diarrhoea. If you are unsure, book a COVID 19 test.

**For most people, coronavirus (COVID-19) will be a mild illness.**

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.

## Further Information

Further information is available at

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

I pray that Allah swt protects everyone from harm and gives shifa to those affected.

Jazak'Allah khair for your understanding and support

Wasalaam

Mrs D. Ghafari  
Head Teacher

