



24th March 2021

Re. Advice to All Parents

Dear Parent/Carers,

We have been advised by Public Health England that there has been a further confirmed case of COVID-19 for a member of the Rivers Academy Community.

We know that you may find this concerning but we are continuing to monitor the situation and are working closely with Public Health England. This case is not a cluster. This letter is to inform you of the current situation and provide advice on how to support your child. Please be reassured that for most people, coronavirus (COVID-19) will be a mild illness.

The small number of individuals who have been in close contact with the individual who has tested positive for coronavirus (COVID-19) have received a letter and families have been informed of the period of time their child must stay at home and isolate.

Any person identified as a close contact of this confirmed case is following Public Health England isolation guidance.

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.

Symptoms

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

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

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.

Public Health England have informed us that a headache or general feeling of being unwell can also be a sign of Covid-19 in teenagers. If your child experiences these symptoms, please book a Covid-19 test.



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'.

Further information is available at: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

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, or walking a dog, you should ask friends or family. Alternatively, you can order your shopping online and medication by phone or online.

Household members staying at home for 10 days will greatly reduce the overall amount of infection the household could pass on to others in the community.

If you are able, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period.

How to stop COVID-19 spreading.

To keep everyone safe, please remember not to send children back to the Academy if they have COVID symptoms, are awaiting a COVID test result or have been identified as a close contact with someone who has tested positive for COVID 19.

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

Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Yours sincerely,

A Singlehurst,
Principal