

Public Health/Infection Control Advice for parents and carers:

Bubbles and Social Distancing:

All schools are using the bubble system. This limits the amount of people each child will have contact with and therefore limits the spread of the virus. However, the size of these bubbles will differ between schools. Each school has done an individual risk assessment, reviewed by Public Health, taking into account the age and educational needs of the children, class sizes and size and layout of classrooms/buildings and facilities.

Testing and Contact Tracing:

National guidance states that any individual with the **three main covid symptoms** (a new continuous cough, high temperature or a loss of/change in sense of smell) should stay at home and arrange to have a test. Due to high covid rates in Rochdale, we encourage anyone with symptoms on the extended list* to also take a test and/or isolate until symptom free. The school has the right to enforce this if they are concerned your child may be a suspected case of covid.

If your child tests positive for covid-19, they and their household **must isolate for 10 full days**.

If your child is identified as a contact of someone with covid-19, they must isolate for **10 full days**, starting the day after they last had contact with the positive person. If the person has tested positive on a Lateral Flow/LFD test, the bubble will be asked to isolate immediately, whilst the positive individual takes a PCR test to confirm. If the PCR test result is negative, the case and contacts can come out of isolation.

Your household does not need to isolate if your child is a contact, unless they develop symptoms or test positive.

PCR Testing for Contacts:

Due to the current high rates of covid in the borough, we are asking that **anyone who has been identified as a contact takes a PCR test** (unless they have had a positive PCR test in the last 90 days). This will help us to reduce the risk of further transmission of the virus, and to identify positive individuals who are asymptomatic (do not have symptoms).

You can book a test online at www.gov.uk/get-coronavirus-test and selecting the following option:

- **My local council or health protection team has asked me to get a test, even though I do not have symptoms**

If you do not have internet access, you can also book a test by calling 119.

Isolation and Support:

We understand that isolation can have a financial impact on families. If you or your child need to isolate, you may be eligible for a £500 payment under the Test & Trace Support Payment Scheme.

Information on financial and other support available from the council can be found at: <http://www.rochdale.gov.uk/coronavirus> or by calling: **0300 303 8870** (for financial support) or **01706 923685** (for other support, e.g. food, medication, wellbeing)

Useful Information:

NHS isolation guidance: <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment>

Guidance for household contacts: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

Guidance for non-household contacts: <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/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person>

Information on Covid-19 Vaccinations: <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination>

Government Covid-19 Roadmap: <https://www.gov.uk/government/publications/covid-19-response-spring-2021/covid-19-response-spring-2021-summary>

Guidance for parents and carers on schools, colleges and early years providers: <https://www.gov.uk/government/publications/what-parents-and-carers-need-to-know-about-early-years-providers-schools-and-colleges-during-the-coronavirus-covid-19-outbreak>

***List of Covid-19 Symptoms**

- fever
- a new and continuous cough
- shortness of breath
- fatigue
- loss of appetite
- loss of smell
- loss of taste
- shortness of breath
- fatigue
- loss of appetite
- myalgia
- sore throat

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- headache
- nasal congestion
- diarrhoea
- nausea
- vomiting