ST MARY'S R.C.
PRIMARY &NURSERY
SCHOOL

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Warn and Inform

Dear Parent/ Carer,

We have been advised that there has been a confirmed case of COVID-19 within the year 4 year group. **Your child has been identified as a close contact of this case.**

In line with the national guidance, children aged under 18 years are no longer required to self-isolate if they are a close contact of someone who has tested positive for COVID-19.

Your child and other members of your household can continue normal activities provided your child does not develop symptoms.

Children over 5 years who have been in contact with someone who has tested positive with COVID-19 are strongly advised to take a LFD test every day for 7 days, whilst continuing to attend school as long as they do not have symptoms. Please report all LFD test results at https://www.gov.uk/report-covid19-result.

You can collect LFD tests from many places in Rochdale as well as having them delivered to your house. Please follow this link to see where you can obtain a test http://www.rochdale.gov.uk/health-and-wellbeing/coronavirus/Pages/home-test-kit.aspx or order tests for home delivery here: https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests

You can also access LFD testing via the FAST Sites in the borough: http://www.rochdale.gov.uk/health-and-wellbeing/coronavirus/Pages/fast-testing.aspx

If someone has tested positive for COVID-19 within the last 90 days, they are advised to continue with contact or school LFD testing.
This is a change to the previous position because we know people can be infected with Omicron even when they have had previous COVID-19 infection. However, PCR tests should only be taken if someone develops new symptoms.

Symptoms of COVID-19

The main 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).

What to do if your child develops symptoms of COVID-19 or feels unwell

If your child develops symptoms of COVID-19, they must isolate, and you should arrange a PCR test for your child via https://www.gov.uk/get-coronavirus-test or by calling 119.

People may present with a wider range of symptoms, including a sore throat, a runny nose, sneezing, or a headache. If you or your child feel newly unwell with any of these or other Covid-19 symptoms, then please access a PCR test. For many people, coronavirus (COVID-19) will be a mild illness.

If the test result is positive, your child will be required to self-isolate for a period of **at least 5 full days from the day that their symptoms started**. Please inform us if your child has a positive test result. If your child's test result is negative, they can continue with their normal activities if they are well enough to do so. Please visit the link to UK Health Security Agency's guidance for households with possible Covid-19 infections:
https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection

If an LFD or PCR Test result is positive

Individuals who test positive on an LFD test are no longer required to take a confirmatory PCR test. This is a temporary measure while covid-19 rates remain high in the UK.

***Please Note*:** if you are applying for the £500 Test and Trace Support Payment, you will still need to take a confirmatory PCR test in order to access financial support.

Your child must isolate for at least 5 full days. Positive cases will be able to leave self-isolation on Day 6 if they have **negative Lateral Flow Tests on Day 5 and Day 6, at least 24 hours apart.**

If both test results are negative and your child does not have a temperature, they can leave isolation on day 6.

For an example and diagram explaining further please visit
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 contacts who are aged over 18 years and 6 months and not fully vaccinated, are legally required to self-isolate and should take a PCR test.

Household contacts who are:

- fully vaccinated
- or aged under 18 years and 6 months
- or have taken part in or are currently part of an approved COVID-19 vaccine trial
- or not able to get vaccinated for medical reasons.

Are NOT legally required to self-isolate, but are strongly advised to take daily LFD tests for 7 days. Household contact must isolate if they develop symptoms and take a PCR test.

Household contacts who are aged under 5 years old are not legally required to isolate but should take a PCR test.

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 COVID-19:

- wash your hands with soap and water often – do this for at least 20 seconds
- allow ventilation in the house through opening windows
- Where possible maintain social distance
- 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

Financial and other support to isolate

If a person is asked to self-isolate by NHS Test and Trace and is on a low income, unable to work from home and will lose income as a result, they may be entitled to a payment of £500 from their local authority under the Test and Trace Support Payment scheme. This now applies to parents/ carers who cannot work from home and will lose income by self-isolating or staying at home to care for the child.

Further details are available via: https://www.gov.uk/test-and-trace-support-payment

Information on local support available, including financial support can be found at:
http://www.rochdale.gov.uk/health-and-wellbeing/coronavirus/Pages/covid-19-help.aspx

Yours sincerely

S. Geddis

Ms S Geddis

Head Teacher