



DELVES LANE PRIMARY SCHOOL

Delves Lane, Consett, Co Durham, DH8 7ES

Head Teacher: Mrs R A Woods

Tel: 01207 503984 Fax: 01207 588880 delveslaneprimary@durhamlearning.net

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Friday 18th September 2020

Dear Parent,

Advice for Child to Self-Isolate for 14 Days

We have been advised that there has been a confirmed case of COVID-19 at Delves Lane Primary School.

We have identified that your child has been in close contact with the affected case. In line with the national guidance we recommend that your child now stays at home and self-isolate until **Thursday 1st October 2020**.

Your child must not go to school or any public areas: your child must remain at home. Further details of what your child needs to do are in the NHS Guidance:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-for-coronavirus/nhs-test-and-trace-if-youve-been-in-contact-with-a-person-who-has-coronavirus/>

We are asking you to do this to reduce the further spread of COVID 19 to others in the community. If you need support with isolation, please contact your local Council.

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

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

Siblings of your child can attend school because they have not been in contact with a confirmed case of COVID-19.

What to do if your child develops symptoms of COVID 19

For most people, especially children, COVID-19 will be a mild illness.

The most common symptoms of 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)

If your child develops any of these symptoms of COVID-19, they should remain at home and arrangements should be made for them to be tested. At that time all other household members must also stay at home, not go to work, school or public areas, even for exercise.

Testing can be arranged by calling 119 or via the NHS website: nhs.uk/coronavirus

When the result of the child's test is known further advice will be available.

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:

- 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

Further information is available at [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

Thank you for your support with this matter.

Your sincerely

R Woods

Mrs R Woods
Headteacher