Date: 28th November 2020

Advice for Child to Self-Isolate for 12 Days

Dear Parent or Carer of Year 7 students identified as close contacts at Montgomery Academy,

Unfortunately, we were made aware late on Friday night that a Year 7 student at the Academy has tested positive for the coronavirus (COVID-19). They were in school on Monday, Tuesday and Wednesday morning, when they were potentially infectious.

We have followed the national guidance and have identified that your child has potentially been a close contact of the student involved. In line with the national guidance your child must stay at home and self-isolate until **Wednesday 9th December 2020**. This means that their first day back in school will be **Thursday 10th December 2020.**

Your child we able to access the remote learning for Year 7, such as Google Classroom, Seneca and Hegarty, over the next two weeks. If they have any issues accessing it, then please contact us and we can supply paper based resources upon request. Password resets can be done through emailing,

remotelearningitissues@montgomery.fcat.org.uk

If your child is well at the end of this 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 self-isolation period outlined above.

Please see the link to: Guidance for contacts of people with confirmed coronavirus (COVID-19) infection who do not live with the person

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

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.

People who do not have symptoms should not request a test unless this has been specifically requested by Public Health England or the local authority.

All other household members who remain well must stay at home and not leave the house for 14 days. This includes anyone in your 'Support Bubble'.

The 14-day period starts from the day when the first person in the house became ill.

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 14 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.

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)

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.

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

Yours sincerely

Headteacher