



Bishop Stopford's School

Brick Lane, Enfield, Middlesex, EN1 3PU

Headteacher: Mrs T. Day BA (Hons), NPQH

8th December 2020

Dear Parent and Carer,

Advice to Self-Isolate

We have been advised today that there has been a second confirmed case of COVID-19 within the Year 11 bubble.

We have followed the national guidance and have identified that your child may have been in close contact with the affected individual. In line with the national guidance we must recommend that your child now stay at home and self-isolate until the end of **Monday 21st December**. Your child should return to school on **Monday 4th January** assuming that they are fit and well.

We are asking you to do this to reduce the further spread of COVID 19 to others in the community.

Other members of your household can continue normal activities provided your child does not develop symptoms within the 14-day self-isolation period.

Please see the link to the PHE Staying at Home Guidance

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

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.

Everyone you live with must stay at home. You should arrange a test for COVID-19 [here](#).

You can ring NHS 111 for information or advice and they will help you decide if you need to contact your GP.

Calling your GP may be necessary if you have:

- an existing health condition;
- problems with your immune system;
- you or a family member feel you are not coping with your symptoms.

Do **not** attend your GP surgery or emergency department in person before calling ahead and speaking with someone.

If you or a family member has very serious symptoms or feel it is a medical emergency and you need to call an ambulance, dial 999 and inform the operator of your symptoms.

Whilst waiting for your test or if you receive a positive diagnosis for COVID-19:

- you'll need to stay at home for at least 10 days from when your symptoms started;
- **after 10 days** from when your symptoms started:
 - if you **have not had a high temperature for 48 hours**, you no longer need to self-isolate;

- if you **still have a high temperature**, you need to self-isolate until your temperature has returned to normal for 48 hours.
- you do not need to self-isolate if you only have a cough or loss of sense of smell/taste after 10 days, as these symptoms can last for several weeks after the infection has gone.
- if you live with someone who has symptoms, you'll need to stay at home and self-isolate also. If the person with symptoms tests positive for COVID-19, everyone in the household without symptoms will need to self-isolate for 14 days from the day the first person in the home started having symptoms;
- however, if you develop symptoms during this 14-day period, you'll need to stay at home for at least 10 days from the day your symptoms started (regardless of what day you are on in the original 14-day period). Follow the advice above on when to end self-isolation.

Symptoms of COVID 19

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

- new continuous cough and/or
- 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 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.

If your child or anyone in the household does develop symptoms, you can seek advice from NHS 111 at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/> 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

Do

- 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/>

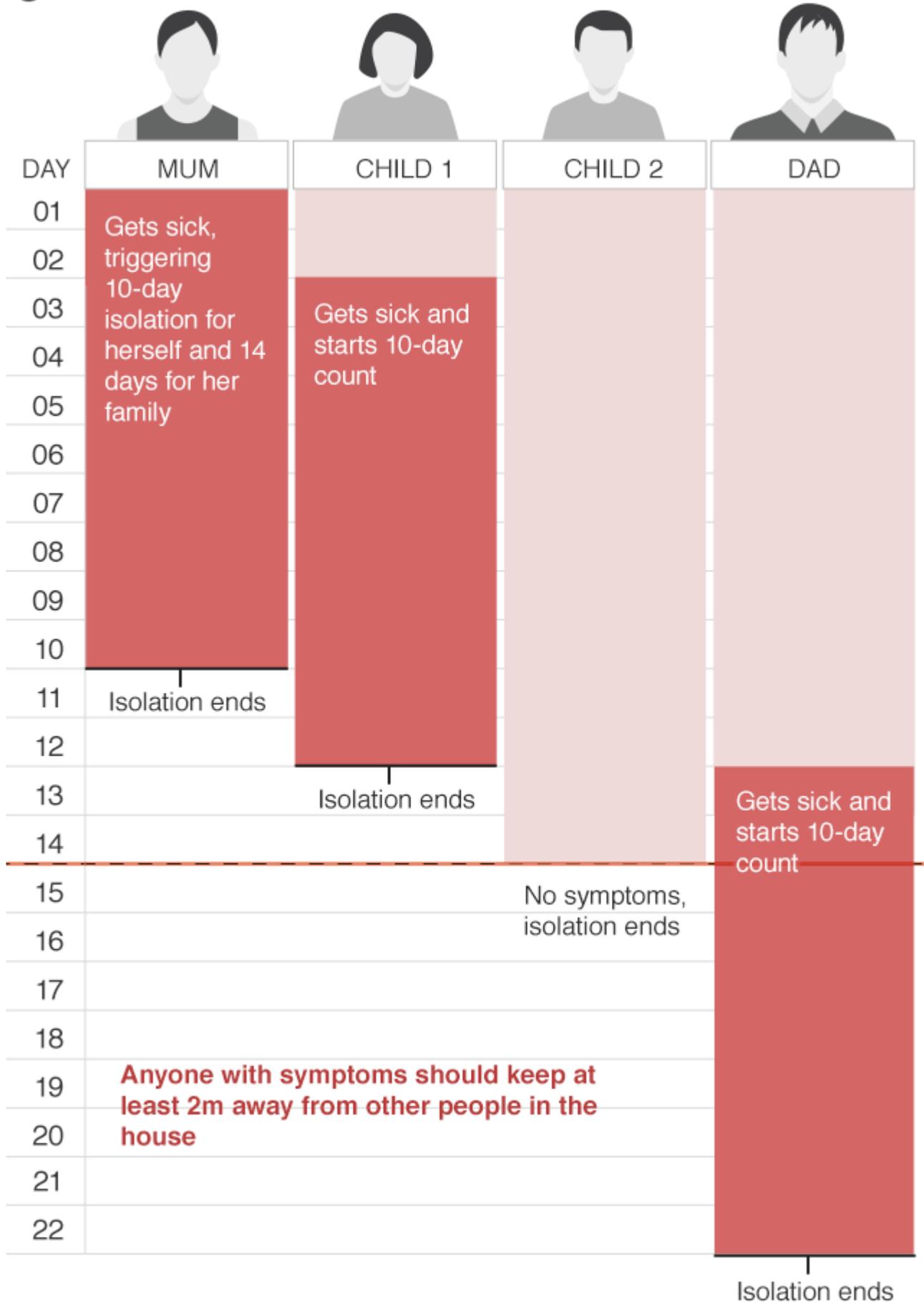
Yours faithfully



Mrs T Day, BA (Hons), NPQH
Headteacher



What happens if someone in your family gets sick?



People may be able to pass on coronavirus without showing any symptoms



Source: Public Health England advice

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