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A Colfe's Associate School

9th July 2021

Dear Parent/Carer

Advice for Child to Self-Isolate

We have been informed that a member of the school community has today tested positive for coronavirus (COVID-19) on their rapid home test (LFD).

What you need to do next

As a close contact of the case, your child must now begin 10 days of isolation. The positive case has arranged for a confirmatory PCR test. As soon as we are aware of the result we will update you further. Your child is to remain at home up to and including 18th July.

What if the PCR test is negative?

If the confirmatory PCR test is negative, and your child has no symptoms of COVID-19, then they can stop isolating and return to school. You should continue to encourage your child to take rapid tests twice a week and inform us of the result.

What if the PCR test is positive?

If the confirmatory PCR test is positive, your child must continue self-isolation for 10 days starting from the date of last contact and should get a PCR test to find out if they are positive for COVID.

If the test is negative they should continue their isolation. If it is positive they will need to restart their 10 day isolation from the date they took the test.

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

**The class affected are:
7T and 11 children in 7A**

Other members of your household do not need to self-isolate if your child does not have symptoms. They can continue normal activities.

Self-isolation means they should:

- stay at home;

- ask friends or family members to bring them things they need such as medication and groceries or use delivery services for shopping which must be left outside your home for you to collect;
- as much as possible, separate themselves from others with the door closed or stay at least 2 meters (6 feet) away from people in your home;
- stay away from vulnerable individuals such as the elderly and those with underlying conditions as much as possible;
- stay in a well-ventilated room with a window that can be opened to keep air moving;
- sleep alone, if possible;
- clean toilet/bathrooms after their use if you share them with others (wiping surfaces they have come into contact with every time);
- wash their hands regularly for 20 seconds, each time using soap and water;
- use separate towels at all times from others in the household;
- stay in touch with others over the phone or through social media

They should **not**:

- go to school, public areas or use public transport or taxis;
- go outside unless they have access to your own garden;
- invite people into their/your home;
- share towels, bedding or eating utensils and dishes, cups and glasses.

Please see the link to the PHE Staying 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>

What to do if your child develops symptoms of COVID 19

For most people, COVID-19 will be a mild illness. However, if your child develops symptoms of COVID-19, they should stay isolating at home for at least 10 days from the date when their symptoms appeared and have a PCR test as soon as possible. A test can be booked here: <https://www.gov.uk/get-coronavirus-test>

All other household members who remain well must stay at home and not leave the house for 10 days.

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, your normal sense of taste or smell (anosmia) 3

As you are aware Covid has changed and there are a wider set of symptoms being seen more commonly now. These include:

Loss of appetite	Diarrhoea	Nausea	Vomiting	Extreme tiredness
Headaches	Joint pain	Muscle Ache	Runny nose	Sore throat
Sneezing				

If your child displays any of these symptoms as well as or instead of the original ones listed, they should remain at home and do a PCR test. Please make sure that you let the school know what the outcome of the test is. Please do not send them into school.

It is important to maintain the testing routine at home in order to reduce the risk of transmission. If there is a positive Lateral Flow Device test this must be followed up with a PCR test.

For most people, coronavirus (COVID-19) will be a mild illness.

If your child 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

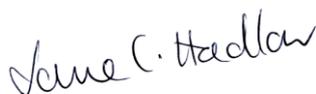
Further information is available at

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

We know that this is a difficult time for families and thank you for your support as we work to keep our school and wider community safe.

As in the past we will be arranging for online learning and in this instance from Friday 9th July. Please ensure that you child logs on and accesses their learning as we have done before using teams and as well as their log in. We will be in contact with you again should we be able to bring you child back to school earlier.

Yours faithfully



Headteacher
Mrs J Hadlow