



Saturday 10<sup>th</sup> October 2020

## FOR PARENTS OF CLOSE CONTACTS OF COVID-19

### Advice for Year 10 bubble to self-isolate for 14 days

Dear parent or carer,

We are writing to confirm that we have a second confirmed positive case of coronavirus (COVID-19) at Noadswood, and having followed the national guidance we have identified that students in the **Year 10 bubble** have potentially been in close contact with an affected individual. In line with national guidance they must now stay at home and self-isolate until Thursday 22<sup>nd</sup> October 2020 (14 days after contact).

If your child is well at the end of this 14 day period of self-isolation they can return to Noadswood and their usual activities. Other members of your household can continue normal activities provided your child does not develop any symptoms within the 14 day self-isolation period.

**Important** Advice for schools  
**CORONAVIRUS SYMPTOMS IN CHILDREN**

A CHILD WHO DEVELOPS ONE OR MORE OF THE FOLLOWING SYMPTOMS SHOULD BE CONSIDERED AS A POTENTIAL CORONAVIRUS CASE:

- NEW CONTINUOUS COUGH**  
This means coughing a lot for more than an hour, or three or more coughing episodes in 24 hours (if the child usually has a cough, it may be worse than usual)
- FEVER (TEMPERATURE OF 37.8°C OR HIGHER)**  
The child will also feel hot to touch on their chest or back
- A LOSS OR CHANGE TO SENSE OF SMELL OR TASTE**  
this means the child has noticed they cannot smell or taste anything, or things smell or taste different to normal.

**MOST CHILDREN WITH CORONAVIRUS HAVE AT LEAST ONE OF THESE SYMPTOMS.**

If a child is unwell with one or more of these specific symptoms they should be told not to come into school or sent home as soon as possible and advised to get a coronavirus test. **ONLY** those children with one or more of these symptoms or those advised by their clinician or Local Authority should get a test.

Children reporting other symptoms such as a headache, sore throat, runny or sniffly nose, earache, itchy eyes, lethargy or tiredness **WITHOUT** a fever should **NOT** be treated as potential coronavirus cases or advised to take a test.



**Noadswood**  
North Road, Dibden Purlieu  
Southampton, Hampshire SO45 4ZF

**Tel** 023 8084 0025  
**Email** info@noadswood.hants.sch.uk

@Noadswood\_Sch  
 @Noadswood\_Sch  
 @Noadswood\_Sch

[noadswood.hants.sch.uk](http://noadswood.hants.sch.uk)



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



[Guidance for contacts of people with confirmed coronavirus \(COVID-19\) infection who do not live with the person](#)

HTML

## **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.

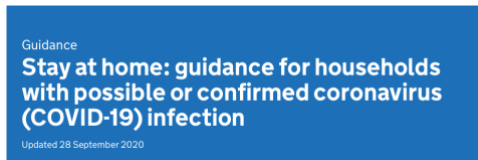
Household members should not go to work, school or public areas and exercise should be taken within the home. If you require help with buying groceries, other shopping or picking up medication, or walking a dog, you should ask friends or family. Alternatively, you can order your shopping online and medication 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 can, 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, available via the [gov.uk](https://www.gov.uk) link.



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.

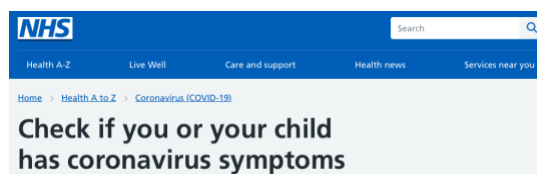
## Symptoms

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

- a new continuous cough
- a 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 develop symptoms, you can seek advice from the [nhs.uk](https://www.nhs.uk) website:





# Noadswood

If you are concerned about your 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:

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/>

Thank you for your support with this, and should you have any further questions, do not hesitate to email us at [health@noadswood.hants.sch.uk](mailto:health@noadswood.hants.sch.uk)

Kathryn Marshall and the Noadswood Leadership Team