



FITZHARRYS SCHOOL

Fitzharrys School
Northcourt Road
Abingdon
OX14 1NP

Tel: 01235 520698
Email: office.4127@fitzharrys.oxon.sch.uk

Head of School: Mr W Speke, BA (Hons)

Date: 15/1/2021

FOR PARENTS OF CLOSE CONTACTS OF COVID 19 at Fitzharrys School - Advice for Child to Self-Isolate for 10 Days

Dear Parent,

We have been advised by Public Health England that there has been a confirmed case of COVID-19 within the school. The case was within the key worker/vulnerable bubble that your child has been working in. We have followed the national guidance and have identified that your child may have been in close contact with the affected child. In line with the national guidance we recommend that your child now stay at home and self-isolate until the end of Friday 22nd January. All students and staff from this bubble are being asked to self isolate. We are asking you to do this to reduce the further spread of COVID 19 to others in the community.

If your child is well at the end of the 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. 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 .

All other household members who remain well must stay at home and not leave the house for 10 days. This includes anyone in your 'Support Bubble'. The 10-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 10 days will greatly reduce the overall amount of infection the household could pass on to others in the community.

If you 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:

<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:

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/>

Remote learning

We will email you the details of the remote learning that needs to be completed by your child during their period of self-isolation. Please contact the school if there are any queries about this.

Thank you for your support. We look forward to welcoming your son/daughter back into school on Monday 25th January.

Yours sincerely



Will Speke
Head of School



Artsmark
Gold Award
Awarded by Arts
Council England



OXFORDSHIRE SECONDARY SCHOOLS
OSSH TA
HEADTEACHERS' ASSOCIATION



the **PIXL** club
partners in excellence



Fitzharrys School is part of the Abingdon Learning Trust.
Abingdon Learning Trust is an exempt charity and a company limited by guarantee.
Registered in England and Wales. Company No. 7931886
Registered Office: Rush Common School, Hendred Way, Abingdon. OX14 2AW