



The McAuley Catholic High School and Sixth Form

An 11 – 18 Voluntary Academy in the Diocese of Hallam

Headteacher: John Rooney Chair of Governors: Dr Pat Hurley

Our Ref: JRO/JHU

17TH September 2020

Dear Parent/Carer

Advice for Child to Self-Isolate for 14 Days

In line with advice from Public Health England all Year 11 and Sixth Form students should self-isolate for 14 days from the date of school being informed of a positive test. Taking this into account the **self-isolation period can begin today and that all students may return to school on Tuesday 29th September. This date includes those members of Years 11, 12 and 13 who are self-isolating already.**

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 14 day 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 14 day self-isolation period. This includes siblings being able to attend school. They do not need to be tested unless they develop symptoms.**

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 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.

"I have come that they may have life and have it to the full." John 10:10
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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 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 sincerely

A handwritten signature in blue ink, appearing to read 'John Rooney', with a blue arrow pointing to the right below it.

John Rooney
Headteacher