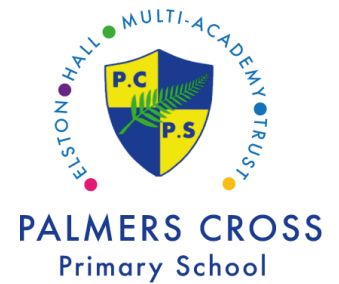


## Palmers Cross Primary School

**Address:** Windermere Road, Wolverhampton WV6 9DF  
**Telephone:** 01902 558322  
**Email:** palmerscrossprimaryschool@wolverhampton.gov.uk  
**Website:** www.palmerscross.org.uk / www.elstonhallmat.co.uk

**Head of School:** Mr D Nicholls



### Advice to Year 3 and 4 (Bubble) Key Worker Parents – Single Case

Date: 7.2.21

#### **Advice for Child to Self-Isolate for 10 Days**

Dear Parent,

We have been advised by Public Health England this morning that there has been a confirmed case of COVID-19 within your child's key worker bubble.

We have followed the national guidance and have identified that your child has been in close contact with the affected person. In line with the national guidance we recommend that your child now stay at home, self-isolate until Monday 15<sup>th</sup> February (10 days from last contact with infected person).

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 10 days 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 10 day 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**

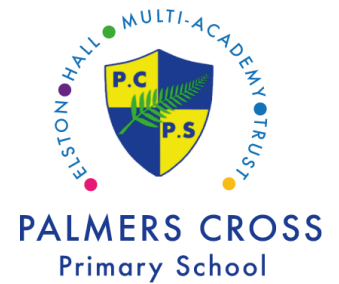
If your child develops symptoms of COVID-19, they should remain at home for at least 10 days from the date when their symptoms appeared. Anyone with symptoms will be eligible for testing and this can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119 .



## Palmers Cross Primary School

**Address:** Windermere Road, Wolverhampton WV6 9DF  
**Telephone:** 01902 558322  
**Email:** palmerscrossprimaryschool@wolverhampton.gov.uk  
**Website:** www.palmerscross.org.uk / www.elstonhallmat.co.uk

**Head of School:** Mr D Nicholls



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 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

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)

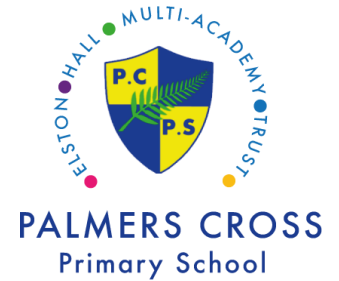
**For most people, coronavirus (COVID-19) will be a mild illness.**



## Palmers Cross Primary School

**Address:** Windermere Road, Wolverhampton WV6 9DF  
**Telephone:** 01902 558322  
**Email:** palmerscrossprimaryschool@wolverhampton.gov.uk  
**Website:** www.palmerscross.org.uk / www.elstonhallmat.co.uk

**Head of School:** Mr D Nicholls



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/>

Yours sincerely

Mr Nicholls  
Heads of School



## Palmers Cross Primary School

**Address:** Windermere Road, Wolverhampton WV6 9DF

**Telephone:** 01902 558322

**Email:** [palmercrossprimaryschool@wolverhampton.gov.uk](mailto:palmercrossprimaryschool@wolverhampton.gov.uk)

**Website:** [www.palmercross.org.uk](http://www.palmercross.org.uk) / [www.elstonhallmat.co.uk](http://www.elstonhallmat.co.uk)

**Head of School:** Mr D Nicholls

