**Close contacts of a case – Letter to parents/carers of child**

Date: DD/MM/YYYY

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

Dear Parent/carer,

We have been advised by Public Health England/NHS Test and Trace/a parent/carer that there has been a confirmed case of COVID-19 within the setting.

Working with Leicester City Council Public Health team and Public Health England we have followed the national guidance and have identified that your child (name) has been in close contact with the affected child. **In line with the national guidance your child must now stay at home and self-isolate until ADD DATE** (10 days after contact).

Children who are self-isolating must stay home at all times. They must not meet with anyone who they don’t live with, this includes any other childcare setting or out of school activity e.g. sports club or faith-based education etc. or visit friends and family who they don’t live with.

You are required to do this to reduce the further spread of COVID 19 to others in the community. Not following this guidance means you risk spreading COVID 19 to other people, you may also be fined.

If your child is well at the end of the 10 days period of self-isolation, then they can return to usual activities. They must complete the 10 day isolation, even if they get a negative test result (see below). This is because they might still develop the virus after the test is taken.

Other members of your household can continue normal activities provided your child does not develop symptoms within the 10 day self-isolation period.

Your child does not need to get a test unless they get symptoms or they are asked to on the advice of Test and Trace, Public Health England or Leicester City Council Public Health team.

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 must remain at home for at least 10 days from the date when their symptoms appeared. Anyone with symptoms should get a test 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 must 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 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>

Any child/staff member who has tested positive does not need a negative test to come back to the setting. Tests are sensitive enough to test small pieces of the virus that remain, even when the person is no longer infectious. Someone should not have another COVID test for at least a month after a positive one.

**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
* wear a face covering in shops and other public buildings, as well as when advised to in school <https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own>

**Further Information**

Further information is available at

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

<https://www.gov.uk/coronavirus/education-and-childcare>

Yours sincerely