



**FOR PARENTS AND CARERS OF YEAR 10**

**Advice to Self-Isolate until MONDAY 19<sup>TH</sup> OCTOBER**

Dear Parent and Carer

We have been advised by Public Health England that there has been a confirmed case of COVID-19 of a student who attends Manchester Health Academy.

We have followed the national guidance and have confirmed that because your child is in the same bubble, they are therefore deemed to have been in close contact with the affected person.

In line with the national guidance we recommend that your child should now stay at home and self-isolate until Monday 19<sup>th</sup> October which is 14 days since your child was last in contact with the confirmed case.

**To confirm, your child should return to school on Monday 19<sup>th</sup> October 2020.**

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.

If your child has a test please be aware that a negative test does not mean that your child can return to Manchester Health Academy earlier than the period of self-isolation.

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

If your child develops symptoms and a test result is confirmed as positive it is important that you can't act school to advise us of this.

We will be working with your child to provide a remote education for them in a similar way to how we worked with you in the summer term. We know that this was well received by you as parents and carers. Where we can provide additional face-to-face learning we will contact your child and you to explain how this works.

Please see the link to the PHE Staying 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>



### 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 symptoms appeared as advised in <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>  
You should arrange for testing for your child via <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested> or 111.nhs.uk or primary care.

All other household members who remain well must stay at home and not leave the house for 14 days.  
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.  
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 to, 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 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:

- 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 faithfully



**Mr K Green**  
Principal



# ADVICE TO SELF-ISOLATE FOR 14 DAYS

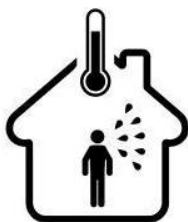
You have been identified as a close contact of a confirmed case of COVID-19. Here's what you need to know.

**IN LINE WITH THE NATIONAL GUIDANCE AVAILABLE BELOW, WE RECOMMEND THAT YOU NOW STAY AT HOME AND SELF-ISOLATE FOR 14 DAYS.**

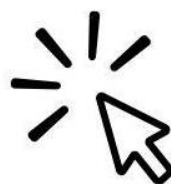
If you are well at the end of the 14-day period of self-isolation, then you can return to usual activities. A negative test does not mean you can stop self-isolation earlier than 14 days.

Other members of your household can continue normal activities, provided you do not develop symptoms of COVID-19 within the 14-day self-isolation period.

## WHAT TO DO IF YOU DEVELOP SYMPTOMS OF COVID-19:



If you develop symptoms of COVID-19, inform school and remain at home for **at least ten days** from the date the symptoms appeared.



Arrange for testing via [nhs.co.uk/coronavirus](https://www.nhs.co.uk/coronavirus) or by calling **119**.



All other household members who remain well must stay at home and not leave the house for **14 days**.

Public Health England Staying at Home Guidance:

[www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection)