



19<sup>th</sup> October 2020

## FOR PARENTS AND CARERS

### Advice to Self-Isolate until THURSDAY 22<sup>ND</sup> OCTOBER

Dear Parent and Carer

We have been advised by Public Health England that there have been confirmed cases of COVID-19 of students who attend Manchester Health Academy.

**Students in Year 8, 9, 10 and 11 should remain at home and self-isolate until Thursday 22<sup>nd</sup> October to enable staff to carry out internal tracking and tracing. Should your child be found to have come into close contact with the affected students, we will contact you individually with regard to this. Our priority is to keep every child and member of staff at the Academy safe.**

As a part of our ongoing safety measures, we would like you to be reassured that the Academy is deep cleaned on a daily basis.

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 contact school to advise us of this immediately by email at [admin@manchesterhealthacademy.org.uk](mailto:admin@manchesterhealthacademy.org.uk). This contact can be during or outside office hours.**

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

