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Thursday, 6 January 2022

Dear Parents/ Carers of pupils in Class 1/2DF,

This letter is to advise you that there have been positive cases of Covid 19 in your child's class.

Please be reassured that for most people, coronavirus (COVID-19) will be a mild illness.

We know that you may find this concerning but we are continuing to monitor the situation and are working closely the City of York Public Health team. This letter is to inform you of the current situation and provide advice on how to support your child.

Anyone who has tested positive for Covid 19 is required to self-isolate for 10 days from the onset of symptoms or from the date of their test unless they produce two negative lateral flow tests 24 hours apart on day 6 and day 7.

Contacts of positive people are not required to isolate if they have had 2 doses of the Covid vaccine for more than 2 weeks or are under the age of 18 years and 6 months.

Contacts are advised to take daily lateral flow tests if they have not tested positive for Covid within the last 90 days and are advised to carry out risk reduction measures such as more frequent hand washing, social distance where possible, wear a face covering when in crowded places and not to have contact with vulnerable people for 10 days.

The school remains open and your child should continue to attend if they remain well.

### **What to do if your child develops symptoms of COVID 19**

If your child develops symptoms of COVID-19, they must not come to school and should self-isolate at home immediately. Anyone with symptoms will be eligible for testing and this can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or calling 119.

### **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)

### **Other symptoms**

There have been a number of other symptoms widely reported for children who have tested positive for COVID-19. These include:

- nasal congestion or runny nose
- sore throat
- diarrhoea and vomiting
- stomach pain
- headache

- muscle ache (myalgia).

While it does seem like children can get a wider range of coronavirus symptoms than adults, these symptoms can also be a sign of another infection or illness entirely. It is important not to miss the signs of another serious illness. So we would encourage you to use the attached poster to help you to decide what medical help you need. You can also use NHS 111 online (<https://111.nhs.uk/>).

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**

For more information visit <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Yours sincerely  
Paul Laycock  
Headteacher