

Dear Parent,

Advice for Child to Self-Isolate for 14 Days

We have been advised that there has been a confirmed case of COVID-19 within the school.

We have identified that your child has been in close contact with the affected case. In line with the national guidance your child is now legally required to stay at home and self-isolate for 14 days.

Fines can now be issued if individuals who are told to self-isolate by Local Authority Public Health Teams or NHS Test and Trace do not self-isolate.

Your child must not go to school or any public areas: your child must remain at home. Further details of what your child needs to do are in NHS Guidance:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-for-coronavirus/nhs-test-and-trace-if-youve-been-in-contact-with-a-person-who-has-coronavirus/>

The reason your child is required to self-isolate is to reduce the further spread of COVID 19 to others in the community. If you need support with isolation, please contact North Tyneside Council on 0345 2000 101 or emailing contact.us@northtyneside.gov.uk.

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

If your child is well at the end of the period of self-isolation, then they can return to usual activities.

What to do if your child develops symptoms of COVID 19

For most people, especially children, COVID-19 will be a mild illness.

The most common symptoms of 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)

If your child develops any of these symptoms of COVID-19, they should remain at home and arrangements should be made for them to be tested. At that time all other household members must also stay at home, not go to work, school or public areas, even for exercise.

Testing can be arranged by calling 119 or via the NHS website: nhs.uk/coronavirus

When the result of the child's test is known further advice will be available.

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 is available at [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

Yours sincerely



Wendy Burke

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North Tyneside Council



Jonathan Heath

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