



Longmeadow Primary School

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Dear Parent or Carer

We have been notified of a positive Lateral Flow Test / PCR within your child's class.

Your child has been identified as a close contact of the confirmed test. In line with the latest national guidance, your child does not need to self-isolate.

We are asking all families to be very vigilant for COVID symptoms over the next 10 days.

What to do if your child develops symptoms of COVID

If your child develops symptoms you should still arrange for a COVID test. This can be done online at www.nhs.uk/coronavirus or by calling 119 if you do not have access to the internet.

If their test is positive, they will need to self-isolate for 5 days from the date when their symptoms started. If they test negative on a LFT on day 5 and day 6, then they can return after 6 days.

The date of when symptoms started is counted as day zero.

Symptoms

- a high temperature
- a new, continuous cough – this means coughing a lot, for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to sense of smell or taste – this means they cannot smell or taste anything, or things smell or taste different to normal
- Upset stomach
- Headache

If you are not sure whether you or your child's symptoms suggest that they have coronavirus or an everyday cough or cold, you can consult this online NHS symptom checker: <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

For most people, coronavirus (COVID-19) will be a mild illness. If you are concerned about your child's health or the health of anyone else in your household please seek advice from your GP, use NHS 111 online <https://111.nhs.uk/> or call NHS 111.

There are things you can do to reduce the risk of getting COVID:

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

Yours sincerely

The Longmeadow Team