



14<sup>th</sup> March 2022

## RE: Covid Outbreak and Isolation

Dear Parent or Carer

Unfortunately, an outbreak has been declared due to the number of positive cases here. In line with the latest national guidance and as required by the Public Health team of Hertfordshire County Council your child's class Blue will be operating as an isolated bubble.

The staff and children will be based in their classroom.

If your child develops symptoms arrange for a COVID-19 test. This can be done online at [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) or by calling 119 if you do not have access to the internet.

Only book a test if your child(ren) or other member of your household develops symptoms so there are enough tests for those in need.

**If their test is positive**, they will need to self-isolate for 10 days from the date when their symptoms started. All household members do not need to isolate unless they develop symptoms.

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

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-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 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