

# Cheswardine Primary and Nursery School

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*Reach for the Stars*

Date: 9.7.21

FOR PARENTS / CARERS OF CLOSE CONTACTS OF COVID-19 POSITIVE CASE at Cheswardine Primary and Nursery School.

**Advice from Public Health Shropshire for Child to obtain a PCR test as soon as they can even if not symptomatic.**

Dear parent or carer,

Unfortunately we have a confirmed positive case of coronavirus (COVID-19) at Cheswardine.

We have followed the national guidance and, following a risk assessment with a Public Health England (PHE) adviser, have identified that all children in **Class 1** have been in close contact with the individual who has had a positive PCR test result for coronavirus (COVID-19). In line with the national guidance, your child does not need to stay at home and self-isolate unless they display symptoms however it is advisable that they **obtain a PCR test as soon as possible**.

Public Health advice is that a **PCR test** is obtained in the first instance not a lateral flow test, although having these regularly (twice a week) across each household is also a good preventative measure when dealing with the spread of the virus.

If your child develops symptoms, even if a negative PCR test result is obtained, then another PCR test is advised whilst the child self-isolates as the incubation period can be as long as 7-10 days.

For more information, please see the guidance for contacts of people with confirmed coronavirus (COVID-19) infection who do not live with the person:

<https://www.gov.uk/government/publications/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person>

You may not be required to self-isolate if you are notified as a contact of someone who has tested positive for COVID-19, for example if you are fully vaccinated. See the [section on contacts who are not required to self-isolate for further information](#). This includes all



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children under the age of 18 years and 6 months so your child does not need to self-isolate.

### **Getting a PCR test for a close contact of a case?**

It is now also possible for close contacts to have a PCR test even where they do not have symptoms through [Get a free PCR test to check if you have coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](https://www.gov.uk) or by calling 119. In this case children in class 1 are encouraged to do this by our local authority or local health protection team.

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

Having been identified as a close contact, if your child then develops symptoms of coronavirus (COVID-19), they should remain at home for at least 10 days from the date when their symptoms appeared. Symptoms of coronavirus (COVID-19) are

- a new, continuous cough,
- a high temperature,
- a loss of, or change in, their normal sense of taste or smell (anosmia).

Anyone with symptoms will be eligible for a PCR test - this is the type of test that is normally available and can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119.

If you are able, 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. If that is not possible, anyone with symptoms should try and stay as far away as possible from vulnerable members of your household.

For more information, please read PHE's 'Stay 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>

**For most people, coronavirus (COVID-19) will be a mild illness.**

If your child does develop symptoms, you can seek advice from the nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>. If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> or by phoning 111.

### **How to stop coronavirus (COVID-19) spreading**

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus (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 sincerely

*REWilliams*

Rachael Williams (Executive Headteacher)



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