



Church Hill, Kingsnorth, Ashford, Kent TN23 3EF  
T 01233 622673 | email: [hos@kingsnorth.kent.sch.uk](mailto:hos@kingsnorth.kent.sch.uk)

Head of School Mrs S Sullivan

Monday 16<sup>th</sup> November 2020

## **FOR PARENTS OF CLOSE CONTACTS OF COVID-19 at Kingsnorth CEP**

### **Advice for child to Self-Isolate for 14 Days**

Dear Parents,

We have been advised today by Public Health England that there has been a confirmed case of COVID-19 within a Year 5 Bubble.

In line with national guidance we recommend that your child now stays at home and self-isolates until Monday 30 November 2020, returning to school on Tuesday 01 December 2020.

We are asking you to do this to reduce the further spread of COVID-19 to others in the local community.

If your child is well at the end of the 14 day period of self-isolation, then they can return to usual activities.

Other members of your household can continue normal activities provided your child does not develop symptoms within the 14 day self-isolation period.

Please see link to the PHE Staying at Home Guidance

[www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection)

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

If your child develops symptoms of COVID-19, they should remain home for at least 10 days from the date their symptoms appeared. Anyone with symptoms will be eligible for testing and this can be arranged via [www.nhs.uk/ask-for-a-coronavirus-test](https://www.nhs.uk/ask-for-a-coronavirus-test) or by calling **119**.

All other household members who remain well must stay at home and not leave the house for 14 days.

The 14 day period starts from the day when the first person in the house became ill.

Household members staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community.

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.

## **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)

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

If your child does develop symptoms, you can seek advice from NHS 111 at

[www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/](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.

Do:

- 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: [www.nhs.uk/conditions/coronavirus-covid-19](https://www.nhs.uk/conditions/coronavirus-covid-19)

As you are aware, we have aimed to contact all parents in the Year 5 Bubble concerned. We will be producing home learning resources and will send out details of these shortly.

We do really appreciate your support and please do not hesitate to contact the FLO if you have any questions or require any further support. I ask that all families contact the school directly and avoid speculating on social media platforms such as Facebook.

Thank you again for all of your support.

Yours sincerely,

Mr Iain Witts (Executive Headteacher)