



**Ashford Park Primary School**  
'Inspiring a love for lifelong learning'

1<sup>st</sup> July 2021

**Advice for Fox Class to Self-Isolate for 10 Days and get a PCR test**

Dear Parent/Carer,

We have been informed of a PCR positive case of COVID-19 within Fox Class.

We have followed the national guidance and have identified that your child has been in close contact with the affected person. Please take the following actions:

- Your child should stay at home and self-isolate until Friday 9<sup>th</sup> July. Your child should return to school on Monday 12<sup>th</sup> July 2021. National guidance: <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>. We are asking you to do this to reduce the spread of COVID-19 to others in the community. If your child is well and has not tested positive at the end of the 10-day period of self-isolation, then they can return to their usual activities.
- Other members of your household can continue normal activities provided your child does not develop symptoms within the 10-day self-isolation period or test positive.
- As an extra precaution Public Health England (PHE) is now advising close contacts to get a COVID-19 PCR test (ideally 5 days after exposure or day five of isolation). If your child has had a positive PCR test within the last 90 days, you do not need to get another test unless they have new symptoms. Please read the attached document with more information about this.
- If your child tests positive they need to isolate with their household following national guidance [COVID-19: guidance for households with possible coronavirus infection - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/publications/covid-19-guidance-for-households-with-possible-coronavirus-infection). If they test negative, they must still complete ten days isolation.
- All members of the household aged 11 and over should continue to do their regular LFD test twice a week (every 3 to 4 days).
- Anyone with symptoms should get a PCR test as soon as possible and isolate with their household. <https://www.nhs.uk/ask-for-a-coronavirus-test>
- Please also inform the school of any positive result.

Many thanks for your help in reducing the transmission of COVID-19.

Yours sincerely

Headteacher

**Enc. Information sheet for close contacts of PCR positive cases**

Headteacher: Mrs Sarah Tarrant  
Ashford Park Primary School | Station Crescent | Ashford | Middlesex TW15 3HN  
T. 01784 250305 | [www.ashford-park.surrey.sch.uk](http://www.ashford-park.surrey.sch.uk)





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### Information sheet for close contacts of PCR positive cases

#### Booking a test for a close contact who has no symptoms

To book a test, please visit [www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test). You will be asked to identify whether they have COVID-19 symptoms. If you have no symptoms, you should select 'No' for this answer and proceed through the questions until they get to the question: Why are you asking for a test?

<ul style="list-style-type: none"><li>• Please select the box that says: <i>I've been told to get a test by my local council, health protection team or healthcare professional</i></li><li>• And then the option that states: <i>My local council or health protection team has asked me to get a test, even though I do not have symptoms</i></li><li>• You can then proceed to book the test.</li></ul>	<h3>Why are you asking for a test?</h3> <p>If you are getting a test for someone you live with, answer for them</p> <p><input type="radio"/> I've been in contact with someone who's tested positive for coronavirus</p> <p><input type="radio"/> I was asked to get a test because I visited a venue where others have since tested positive</p> <p><input type="radio"/> I've been told to get a test by my nursery, work or place of education</p> <p><input checked="" type="radio"/> I've been told to get a test by my local council, health protection team or healthcare professional</p> <p><input checked="" type="radio"/> My local council or health protection team has asked me to get a test, even though I do not have symptoms</p> <p><input type="radio"/> A GP or other healthcare professional has asked me to get a test</p> <p>or</p> <p><input type="radio"/> None of the above</p> <p><a href="#">Continue</a></p>
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If your child has had a positive PCR test in the last 90 days, you do not need to book another one unless they have new symptoms. If your child has had a recent test using a Lateral Flow Device (LFD), we would ask that they still take a PCR test using the process above. The website will provide information of how to take the test and you will be informed directly of a positive or negative result.

If you agree for your child to be tested and they receive a positive result:

- They must self-isolate, along with your household, and follow the national guidance: [COVID-19: guidance for households with possible coronavirus infection - GOV.UK \(www.gov.uk\)](https://www.gov.uk/covid-19/guidance-for-households-with-possible-coronavirus-infection).
- Please inform the school of any positive result and also complete NHS Test and Trace so that contacts receive appropriate advice to avoid onward transmission.
- **If your child tests negative, they should still continue with their ten-day isolation as a close contact as they may be incubating the disease.**

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

If your child develops symptoms of COVID-19 they need stay at home and self-isolate immediately and get a test through <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119. Your household needs to isolate too. This includes anyone in your 'Support Bubble'.

If your child tests positive, your child and household need to continue isolating for at least 10 days from the date when their symptoms appeared (or date of their positive test if they do not have symptoms). Add your child's details to NHS Test and Trace and inform the school/educational setting so that other close contacts can be identified and advised to isolate.

The isolation period includes the day their symptoms started and the next 10 full days. This means that if, for example, symptoms started at any time on the 15th of the month, the isolation period ends at 23:59 hrs on the 25th. In the absence of symptoms, the isolation would start from the date of the test was taken and continue for ten days after this. If the person does not have symptoms when testing positive but goes on to develop symptoms, the isolation is extended for ten days after the onset of symptoms as explained [here](#) (in the "if you tested positive" section). If other household members become unwell they need to extend their isolation period.

If your child does not get tested they will need to isolate with the household and support bubble for at least 10 days from the onset of symptoms.

Household members should not go to work, school or public areas and exercise should be taken within the home. If you require help with buying groceries, other shopping or picking up medication, or walking a dog, you should ask friends or family. Alternatively, you can order your shopping online and medication by phone or online. Household members staying at home for 10 days, will greatly reduce the overall amount of infection the household could pass on to others in the community

If you are able to 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.

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### Symptoms of COVID 19

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- A new continuous cough and/or
- A 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 <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:

- 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.
- Participate in twice weekly LFD testing following national guidelines (recommended for 11 years and over).

### Further Information

Further information is available at

<https://www.nhs.uk/conditions/coronavirus-COVID-19/>

Further information on rapid lateral flow tests are available at: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

Guidance in different languages: [COVID-19: guidance for households with possible coronavirus infection - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/coronavirus-guidance-for-households-with-possible-coronavirus-infection)

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