



Sapere Aude

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Advice for child to self-isolate for 10 days

Dear parent,

We have been advised that there has been a confirmed case of COVID-19 within the school. We are continuing to monitor the situation and are working closely with Public Health Dorset and BCP Council.

Isolation advice

We have followed the national guidance and have identified that your child, has been in close contact with the affected person. In line with the national guidance, we ask that your child now stay at home and self-isolate until **xxx**.

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

If your child is well at the end of the 10 days period of self-isolation, then they can return to usual activities. This would be on **yyy**.

Other members of your household can continue normal activities provided your child does not develop symptoms within the 10 day self-isolation period.

Please see the link to the Public Health England Staying 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>

What to do if your child develops symptoms of COVID 19

If your child develops symptoms of COVID-19, **you should organise for your child to be tested** via the [NHS online portal](#) or by calling 119. Your household should isolate until you receive the test results giving the all clear.

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.



How to stop COVID-19 spreading

We would like to take this opportunity to remind you of the importance of following the key public health measures to prevent the transmission of COVID-19 in our school and the wider community.

- Keep your distance from anyone who isn't in your household or support bubble
- Wash your hands frequently for 20 seconds or more
- Wear a face covering in enclosed public spaces
- Self-isolate with your household and arrange a test if you have symptoms

Flu vaccination

We would also encourage you and your family to have the flu vaccination if you are eligible for this, especially if you are in a risk group. You can find out about risk groups and whether you are eligible for a flu vaccine at the [NHS Flu vaccine overview](#).

Further information

Further information is available at

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

Yours sincerely

A handwritten signature in black ink, appearing to read 'Paul McKeown', is centered on the page.

Paul McKeown
Principal