



17 November 2020

Dear Parents/Carers

### **Advice for Child to Self-Isolate for 14 days**

We have been advised of a confirmed case of COVID-19 within the school.

The school has decided that a number of students in year 10 will need **to self-isolate until Friday 27 November 2020**.

These students should return to school on Friday 27 November 2020 unless informed otherwise. We recommend that your child now **stays at home and self isolates**. Your child must not go to school or any public areas; your child must remain at home.

Further details of what your child needs to do are in the NHS Guidance:

<http://www.nhs.uk/conditions/coronavirus-covid-19/testing-for-coronavirus-nhs-test-and-trace-if-you've-been-in-contact-with-a-person-who-has-coronavirus/>

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 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 self-isolation period. This includes any siblings that your child has in the school unless you are advised otherwise

Please see the link to: 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>

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

If your child develops symptoms of COVID-19, they should remain at home for at least 10 days from the date when their symptoms appeared. Anyone with symptoms will be eligible for testing and this can be arranged via <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. This includes anyone in your 'Support Bubble'.

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

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 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community

If you are able and can, 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

Please see the link to the PHE '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>

## **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 <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/> or by phoning 111.

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## 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

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

During this period of self-isolation your child will be taught through Teams. All students should know how to log on using their usual school email address and password. Lessons will run according to the normal timetable and a register will be taken as part of each live lesson. If your child does not have access to a smart phone, tablet or computer please email your son/daughter's head of year.

If you have any queries regarding this letter or our arrangements please contact the Headteacher directly [head@nobel.herts.sch.uk](mailto:head@nobel.herts.sch.uk)

Thank you for your support and understanding.

Yours sincerely



Martyn Henson  
Headteacher