



St. Helens Council

Rainhill Community Nursery School,
Deepdale Drive, Rainhill, Prescot, Merseyside, L35 4NW
Acting Headteacher: Emma Nicholson



12th October 2020

Advice for child to self-isolate for 14 days

Dear Parent,

We have been advised by Public Health England that there has been a confirmed case of COVID-19 within the school.

We have followed the national guidance, have taken advice from Test and Trace team and have identified that your child has been in close contact with the affected child. In line with the national guidance your child must now stay at home and self-isolate until **Tuesday 20th October. Your child should return as normal on Wednesday 21st October 2020.**

Advice on self-isolation is available from: <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

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 14 days 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 the link below 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>

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.

Telephone: 01744 677635
Email: rainhillnursery@sthelens.org.uk

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We would encourage you to contact the following for local advice and guidance: St Helens Contact Cares on 01744 676767 or email: contactcares@sthelens.gov.uk

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. 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 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 below to the PHE 'Stay at Home' Guidance <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stayat-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

Need help?

If you're isolated by coronavirus and need help, please call 01744 676767 to find out what support is available.

There are volunteers around St Helens who can do things like:

- Pick up your food shopping, essential supplies or medication and leave them on your doorstep
- Have a friendly chat with you on the phone
- Walk your dog There is also a community hub operating, from which food parcels are delivered each week to our most vulnerable residents.

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-coronavirussymptoms/> 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/>

Yours sincerely



Emma Nicholson
Acting Headteacher