



Date:

Advice for your child to self-isolate for 10 days

Dear Parent,

We have been informed that there has been positive cases for coronavirus (COVID-19) in our Nursery at Downsell Primary school.

What has the school done?

A full risk assessment has been carried out. We have followed the national public health guidance and have identified that your child has been in close contact with the affected person. **Your child must now stay at home and self-isolate for ten full days after the date they were last in contact with the person who tested positive. This means they can stop isolating at 23:59 on 28.06.21 and return to school on 29.06.21.**

What do you need to do?

- **Your child needs to self-isolate for 10 full days.** They should not leave your home except in exceptional circumstances, for example for a medical emergency or to avoid a risk of harm. They cannot go to school/nursery or public areas. People can become infectious up to 2 days before symptoms begin and they could spread the disease to others if they do not go into self-isolation. Your child should try to avoid contact with vulnerable family members as much as possible.
- **Other members of your household do not need to self-isolate during the 10 days if your child does not have symptoms.** They can continue normal activities.
- **Your child should take a COVID-19 PCR test.** This is to help better understand the spread of the infection and identify any further cases as quickly as possible. **Taking the PCR test and getting a negative result does not mean that isolation can end early – your child still needs to isolate for the full 10 days even if a negative result (if a positive one, then that would restart from the test date).**





If your child is at school when advised to self-isolate they may be sent home with a PCR home test kit to do straight away. If this is not the case, you can access a PCR test by either:

- Ordering a home PCR test kit by calling 119 or visiting www.gov.uk/get-coronavirus-test
- Walking in to one of the PCR test sites in Waltham Forest. Details of the sites and their opening times are available at <https://www.walthamforest.gov.uk/content/covid-19-testing>

What to do if my child develops symptoms during the 10 days

For most people, COVID-19 will be a mild illness. However, if your child develops ANY of the three main symptoms of COVID-19, a new continuous cough, a high temperature, a change in their normal sense of taste or smell they should stay isolating at home and have a test as soon as possible. All other household members must self-isolate whilst you wait for result. See the PHE [Staying at Home Guidance](#).

- **If the test result is negative** – your child must continue to self-isolate until the end of the original 10 full days, as they could still develop COVID-19. The rest of the household can stop isolating unless someone gets new symptoms.
- **If the test result is positive** – your child must self-isolate for 10 full days from when their symptoms started. The rest of the family will also need to self-isolate for 10 full days from when your child's symptoms started.

What to do if my child does not develop symptoms of COVID-19 during the 10 days

They need to stay at home for the full 10 days because it can take 10 days for symptoms of COVID-19 to develop. If your child does not stay at home, there is a chance that they could pass on COVID-19 to someone else, even if they feel well. Even if they never develop symptoms, they can still be infected and pass the virus on without knowing it.

If your child is well at the end of the 10-day period of self-isolation, they can return to usual activities.





Financial support if you have to take time off work to care for your child while they are self-isolating

If you are on a low income and you need to take time off work to care for your child while they are self-isolating, you may be eligible for financial support from your local authority through the Test and Trace Support Payment scheme. The Test and Trace Support Payment scheme is open to people who live in England and who meet the following criteria:

- They are the parent or guardian of a child or young person in the same household and need to take time off work to care for them while they self-isolate; this is limited to one parent or guardian per household for the child or young person's self-isolation period
- Are employed or self-employed
- Are unable to work from home while undertaking caring responsibilities and will lose income as a result
- They are currently receiving or are the partner of someone in the same household who is receiving at least one of the following benefits:
 - Universal Credit
 - Working Tax Credit
 - Income-based Employment and Support Allowance
 - Income-based Jobseeker's Allowance
 - Income Support
 - Housing Benefit
 - Pension Credit
- Their child or young person:
 - is aged 15 or under (or 25 or under with an Education, Health and Care Plan (EHC) and normally attends an education or childcare setting
 - has been told to self-isolate by NHS Test and Trace or by their education or childcare setting because they have been identified as a close contact of someone who has tested positive for COVID-19

Discretionary payments are also available for people on low incomes who are not on means-tested benefits but who may still face hardship as a result of the requirement to self-isolate. Your local authority may have additional eligibility criteria in place for discretionary payments.





If you are eligible, you will receive a £500 payment from your local authority in addition to any benefits and Statutory Sick Pay you receive currently. If you are unsure which local authority you should claim from, you can check on Find your Local Council on GOV.UK: <https://www.gov.uk/find-local-council>

For Waltham Forest, where your school is situated, information can be found here: <https://www.walthamforest.gov.uk/node/9080>

Your local authority will contact your child's school to verify the information you provide about your child as part of the process of confirming whether you are eligible for a payment.

You can see the full eligibility criteria for the Test and Trace Support Payment scheme and find out how to apply at [Claiming financial support under the Test and Trace Support Payment scheme - GOV.UK \(www.gov.uk\)](https://www.gov.uk/claiming-financial-support-under-the-test-and-trace-support-payment-scheme)

If you think you meet the eligibility criteria listed above and would like to apply to your local authority for a payment from the Test and Trace Support Payment scheme, you should provide this letter to your local authority to support your application.

You will not be able to make an application for a payment from the Test and Trace Support Payment scheme without this letter.

Additional support during self-isolation

If you require any additional support for self-isolation such as access to food, prescriptions and other resources to support your physical and mental wellbeing along with ideas to keep you and your children entertained during your self-isolation period, you can find out more by visiting: <https://www.walthamforest.gov.uk/content/support-those-self-isolating>

Further information is available: [Coronavirus \(COVID-19\) - NHS \(www.nhs.uk\)](https://www.nhs.uk/coronavirus)

Yours sincerely,

Deena Chetty

Headteacher

For more information see next page, and:

www.gov.uk/coronavirus/education-and-childcare

www.nhs.uk/conditions/coronavirus-covid-19/symptoms/ or by phone 111.









Downsell

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What is the situation?	What do I do?	When can my child go back to school or nursery?
<p>My child has at least one symptom of COVID-19</p> 	<ul style="list-style-type: none"> Your child must not go to school or nursery Your child should have a test as soon as possible The whole household should self-isolate while waiting for the test result and should not go out Let your school know about the test result 	<ul style="list-style-type: none"> 10 full days after the symptoms started if the test result is positive If the test result is negative, your child can return to school or nursery (as long as they are well and they are not a contact of someone with COVID-19).
<p>My child has tested positive for COVID-19</p> 	<ul style="list-style-type: none"> Your child must not go to school or nursery Your child should self-isolate for 10 full days from when their symptoms started (or from the day they took the test if they had no symptoms) The whole household should not go out and must self-isolate for 10 full days from the date your child's symptoms started (or from the day they took the test if they had no symptoms) 	<ul style="list-style-type: none"> 10 full days after the onset of symptoms if the test result is positive (or from the test result if they had no symptoms), In some people, the cough or loss of taste and smell can last a few weeks. Your child can still go to school during this time, as long as they are otherwise well, had no fever for 48 hours, and have completed 10 days of self-isolation
<p>My child's school or nursery has identified my child as a close contact of a person with COVID-19</p> 	<ul style="list-style-type: none"> Your child should not go to school/nursery Your child must self-isolate for 10 full days They do not need to be tested unless they have symptoms. If they have symptoms they should get a test The rest of the household does not need to self-isolate unless your child goes on to develop symptoms or anyone in the household has a positive COVID-19 test for any reason 	<ul style="list-style-type: none"> When your child has completed the 10 full days of self-isolation, as recommended by the school or nursery
<p>NHS Test and Trace has identified my child as a close contact of a person with COVID-19 outside of school or nursery</p> 	<ul style="list-style-type: none"> Your child must not go to school or nursery They should self-isolate for 10 full days If your child has symptoms they should get tested They should continue to self-isolate even if they test negative during those 10 days The rest of the household does not need to self-isolate unless they have also been in contact with the case, or your child goes on to develop symptoms or anyone at home has a positive test for any reason 	<ul style="list-style-type: none"> When your child has completed the 10 full days of self-isolation, as recommended by NHS Test and Trace
<p>Someone else in my household has symptoms of COVID-19</p> 	<ul style="list-style-type: none"> Your child must not go to school or nursery The household member with symptoms should have a test as soon as possible Your whole household should self-isolate whilst waiting the test result No member of the family should be at school/work whilst awaiting a test result 	<ul style="list-style-type: none"> If the household member tests negative, and your child does not have symptoms of COVID-19, your child can return to school or nursery If the household member tests positive, see below
<p>Someone else in my household has tested positive for COVID-19</p> 	<ul style="list-style-type: none"> Your child must not go to school or nursery Your whole household should self-isolate for 10 days from the time that the person with the positive test started their symptoms (or from the test date if they had no symptoms), even if anyone else in the household tests negative during the 10 days 	<ul style="list-style-type: none"> When your child has completed the 10 days of self-isolation If they develop symptoms during the 10 days, they need a test and must self-isolate for a further 10 days from their symptoms starting if it is positive



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PRIMARY SCHOOL



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North London Schools
International Network

