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## FOR CLOSE CONTACTS OF CONFIRMED CASES OF COVID-19

### Advice to Self-Isolate for 10 Days

Dear .....

- You have been identified as a close contact of a confirmed case of COVID-19.
- In line with the national guidance available below, we recommend that you now stay at home and self-isolate until..... (10 days after contact).
- We are asking you to do this to reduce the further spread of COVID 19 to others in the community.
- If you are well at the end of the 10 days period of self-isolation, then you can return to usual activities. A negative test does not mean that you can stop self-isolation earlier than 10 days.
- Other members of your household can continue normal activities provided you do not develop symptoms of COVID-19 within the 10 day self-isolation period.
- Please see the link to the PHE 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 you develop symptoms of COVID 19

- If you develops symptom of COVID-19, you should remain at home for at least 10 days from the date when their symptoms appeared as advised in <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>
- You can arrange for testing for via <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested>.
- All other household members who remain well must stay at home and not leave the house for 10 days.
- The 10-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 10 days will greatly reduce the overall amount of infection the household could pass on to others in the community
- If you are able 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.

### 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 you do 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

### Early Help Support

The Children and Family Wellbeing Service offer a programme of group activity for all ages through on-line group sessions which are run across the daytime and evening. The service also provides a confidential telephone helpline, text message, email enquiry and online webchat services where young people and their families can obtain advice and support on a range of issues. You can obtain details of the group work programme or access the helpline by contacting Talkzone 365 days per year, from 8.30am to 10pm during the week and from 2pm to 10pm at weekends and Bank Holidays at;

- Telephone: 0800 51 11 11
- Text: 07786 51 11 11
- Email: [talkzone@lancashire.gov.uk](mailto:talkzone@lancashire.gov.uk)
- Talk on-line in a private and confidential space by logging onto: <https://www.lancashire.gov.uk/youthzone/get-in-touch/>

CFW also offer more individualised 1-2-1 support where needs are identified. This can be accessed by your school making a referral on your behalf. If your child requires additional support please make contact with your school who will be able to discuss this with you.



<https://www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/family-support/children-and-family-wellbeing-service/>

**Further Information**

Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Yours sincerely,

Mel MacKinnon  
**HEADTEACHER**

