

3<sup>rd</sup> December 2020

## **Important Parental Information – COVID-19**

### **How to Make Contact With School**

Can I please request that you notify the school immediately if your child has a COVID-19 positive test.

During a school day you can phone 01945 584146 and/or email [office@marshlandhigh.co.uk](mailto:office@marshlandhigh.co.uk)

At weekends you can call the school mobile on 07375 646648. A duty member of staff will be monitoring calls to this mobile throughout the weekend. If you leave a message, please ensure you give your child's name and your own contact details.

I respectfully ask that you do not post on social media that your child has COVID-19. There are very many parents and students who are understandably very anxious at these difficult times. Posting this information on social media can lead to some vulnerable people in our school community becoming unduly upset. Please allow the school to manage communications with parents/students and thereby support those that might otherwise become distressed. You should still notify anyone outside of the school who your child may have had direct contact with, in keeping with government guidance. I appreciate your understanding.

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

If your child develops symptoms of COVID-19, they must not come to school and 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'.

Further information is available at: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

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, 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**

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- a new continuous cough
- a high temperature
- a loss of, or change in, your 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 the nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/> . If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> 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

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