



St. Thomas More High School

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16th September 2020

Dear Parents and Carers,

Children displaying symptoms of Covid-19

We are writing to clarify the rules parents and carers **must follow** should their child display symptoms of Covid-19.

SYMPTOMS

- a high temperature;
- or a new, continuous cough;
- or a loss or change to your sense of smell or taste

Should anyone in your household display these symptoms the whole household must immediately self-isolate.

How long to self-isolate

The person displaying symptoms or testing positive for coronavirus, will usually need to self-isolate for at least 10 days.

Other members of the household need to self-isolate for 14 days if:

- someone you live with has symptoms;
- or, someone you live with has tested positive;
- or, someone in your support bubble has symptoms or tested positive;
- or, you've been told to self-isolate by NHS Test and Trace.

In this situation the household may only end their self-isolation once the person displaying symptoms has had a negative test result for Covid-19 and no-one else is displaying symptoms.

When else to self-isolate

You must self-isolate immediately if:

- you've tested positive for coronavirus – this means you have coronavirus;
- or, you live with someone who has symptoms or tested positive;
- or, someone in your support bubble has symptoms or tested positive;
- or, you're told to self-isolate by NHS Test and Trace;
- or, you arrive in the UK from a country with a high coronavirus risk – see GOV.UK.

If you require an isolation note for your employer, please complete one [online](#)

If there is any doubt about the correct course of action, please seek advice from [NHS 111](#)

When you are reporting the absence of your child either by telephoning the school or by school comms, please ensure you are clear about the reason for absence and who in the household has symptoms.

For the safety of our whole school community and their extended families, everyone is asked to follow these rules.

With our continued thanks and prayers for the safety and good health of us all,

Yours sincerely

A handwritten signature in black ink, appearing to read 'G Ackred', written in a cursive style.

Mrs G Ackred
Headteacher