



# EGGBUCKLAND COMMUNITY COLLEGE

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FOR CONTACTS/ PARENTS OF CLOSE CONTACTS OF COVID 19 at Eggbuckland  
Community College

## Advice for child to self-isolate for 14 days

Dear Parent / Carer of a child in our **Year 9**,

We have been advised by Public Health England that there has been a confirmed case of COVID-19 within our **Year 9 bubble**.

### Isolation advice

Working closely with Public Health and the DfE, we have followed their guidance and as part of the **Year 9** bubble your child may have been in close contact with the affected person. In line with this guidance, the recommendation is that your child should now stay at home and **self-isolate until the end of Sunday 1st November**.

For the rest of this timetabled half term (Tuesday 20th October through to the end of Thursday 22<sup>nd</sup> October) teachers will be preparing live 'on line' lessons that will run throughout the College day. Mr Crawford will be emailing information to each student's account with more details about this. Please note, live lessons will not start on Monday 19<sup>th</sup> October to give teachers time to prepare. Also, Friday 23<sup>rd</sup> October is a staff training day and therefore no live lessons will be scheduled.

You are being asked to isolate your Year 9 child to further reduce the spread of COVID 19 to others in the community. Students attending Eggbuckland from all other year groups *should attend as normal* and this includes siblings of students from Year 9 who also go to Eggbuckland.

If your child is well at the end of the 14 days period of self-isolation, they can return to usual activities. The return to ECC is scheduled for **Tuesday 3rd November**.

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 to: [Guidance for contacts of people with confirmed coronavirus \(COVID-19\) infection who do not live with the person](#)

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<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.

People who do not have symptoms should not request a test unless this has been specifically requested by Public Health England or the local authority.

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. 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 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 to the PHE 'Stay 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>

## 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



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- 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 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

#### **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



**Matthew Corrigan (Principal)**



**Wendy Cavell (Chair of Trustees)**



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