

St George & St Martin Catholic Academy

(Member of The Newman Catholic Collegiate)

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Principal: Mrs. D. Farmer BA (Hons), MA, NPQH



'Growing, Learning and Loving; United in Play, Prayer and Peace'

Monday 7th September 2020

Dear Parents

Once again thank you for your patience through this most difficult time. It is most important that you do not send your children to school if they or anyone in the household develops any of the coronavirus symptoms.

The main symptoms of coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

If someone in the house displays these symptoms they need to get a test for Covid. Everyone who lives in the house who is symptom free must self-isolate until the results are back. If the results are negative, then everyone is free to return to work or school. If there is a positive test, then the person tested needs to self-isolate for 10 days from the day of the test. Everyone else in the household needs to self-isolate for 14 days from the date of the person's test. Please do not send children back to school until they feel well enough to attend. Please see the below guidance from the NHS.

What is self-isolation?

Self-isolation is when you do not leave your home because you have or might have coronavirus (COVID-19).

This helps stop the virus spreading to other people.

Self-isolation is different to:

- social distancing – general advice for everyone to avoid close contact with other people
- shielding – advice for people at high risk from coronavirus

When to self-isolate

You must self-isolate immediately if:

- you have any symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)
- you've tested positive for coronavirus – this means you have coronavirus
- you live with someone who has symptoms or tested positive
- someone in your support bubble has symptoms or tested positive
- you're told to self-isolate by NHS Test and Trace
- you arrive in the UK from a country with a high coronavirus risk – see GOV.UK: how to self-isolate when you travel to the UK

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What is a support bubble?

A support bubble is where someone who lives alone (or just with their children) can meet people from 1 other household.

Find out more about [meeting people from outside your household on GOV.UK](#).

Information:

If you think you've been in contact with someone who has coronavirus, but you do not have symptoms and have not been told to self-isolate, continue to follow [social distancing advice](#).

How to self-isolate

You must not leave your home if you're self-isolating.

- do not go to work, school or public places – work from home if you can
- do not go on public transport or use taxis
- do not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- do not have visitors in your home, including friends and family – except for people providing essential care
- do not go out to exercise – exercise at home or in your garden, if you have one

When to get a test

Get a test as soon as possible if you have any symptoms of coronavirus.

The symptoms are:

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

The test needs to be done in the first 5 days of having symptoms.

You do not need to get a test if you have no symptoms or if you have different symptoms.

To book a test you can either go to <https://www.gov.uk/get-coronavirus-test> or call 119

Get a test to check if you have coronavirus

Tell people you've been in close contact with that you have symptoms

You may want to tell people you've been in close contact with in the past 48 hours that you might have coronavirus.

What does close contact mean?

Someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to specimen collection) until the time the patient is isolated.

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They do not need to self-isolate unless they're contacted by the NHS Test and Trace service. But they should take extra care to follow [social distancing advice](#), including washing their hands often.

If they get any coronavirus symptoms, they must self-isolate and [get a coronavirus test](#) as soon as possible.

How long to self-isolate

If you have symptoms or have tested positive for coronavirus, you'll usually need to self-isolate for at least 10 days.

You'll usually need to self-isolate for 14 days if:

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

Read more about [how long to self-isolate](#).

Information:

Help and support while you're staying at home

While you're self-isolating:

- you can get help with everyday tasks, like collecting shopping or medicines, from an NHS volunteer
- you might be able to get sick pay or other types of financial support if you're not able to work

Yours sincerely

D. Farmer

Mrs Farmer

Principal

HM Government

Get back to school safely.

Find out more about returning to school safely at gov.uk/backtoschool

NHS

STAY ALERT
CONTROL THE VIRUS
SAVE LIVES