



WILLIAM HARDING SCHOOL
Aim high... Work hard... Be kind...

WILLIAM HARDING SCHOOL

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28th February 2022

Dear parents and families,

Re: COVID 19 – people with COVID and their contacts

The government has updated the guidance around people with COVID 19 and their contacts. We have summarised this information below.

There is no longer a legal requirement for people with coronavirus (COVID-19) infection to self-isolate, however if you have any of the main symptoms of COVID-19 or a positive test result, the public health advice is to stay at home and avoid contact with other people.

The following advice is for:

- people with any of the main symptoms of COVID-19
- people who have received a positive COVID-19 lateral flow device (LFD) or polymerase chain reaction (PCR) test result

This also applies to children and young people who usually attend an education or childcare setting.

The main symptoms of COVID-19 are a recent onset of any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

If you have any of these symptoms you should order a PCR test. You are advised to stay at home and avoid contact with other people while you are waiting for the test result.

If you have COVID-19, stay at home and avoid contact with other people

If you have COVID-19 you can infect other people from 2 days before your symptoms start, and for up to 10 days after. You can pass on the infection to others, even if you have mild symptoms or no symptoms at all. If you have COVID-19 you should stay at home and avoid contact with other people.

You should:

- not attend work
- ask friends, family, neighbours or volunteers to get food and other essentials for you
- not invite social visitors into your home, including friends and family
- postpone all non-essential services and repairs that require a home visit
- cancel routine medical and dental appointments

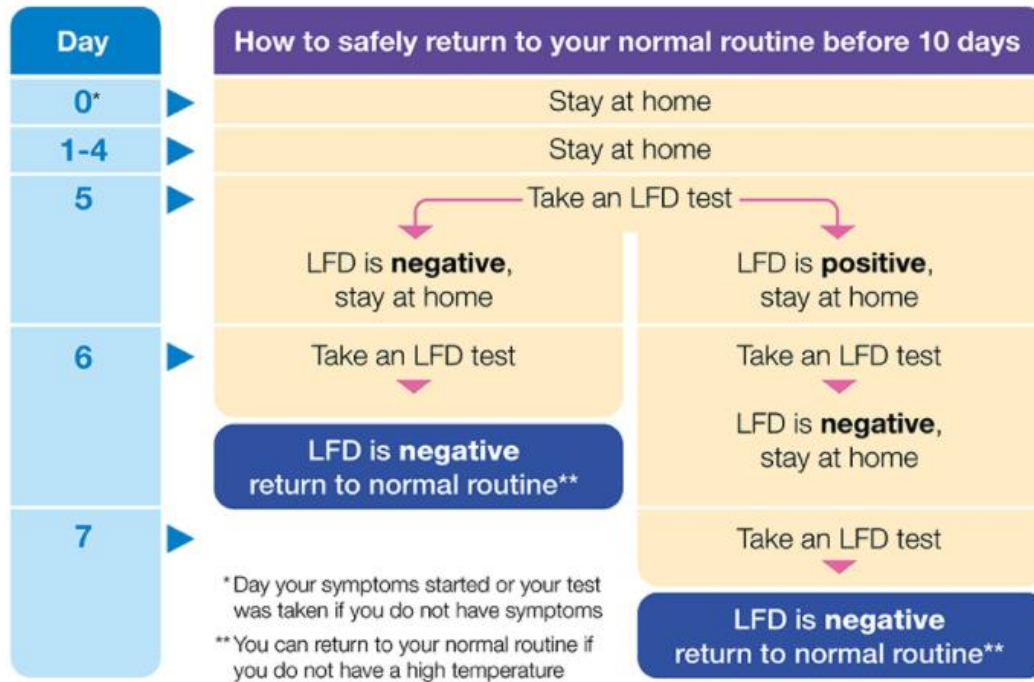
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- if you can, let people who you have been in close contact with know about your positive test result so that they can follow this guidance
- Avoid meeting people at higher risk of becoming seriously unwell from COVID-19, especially those with a severely weakened immune system, for the 10 days after your symptoms started (or the day your test was taken if you did not have symptoms)

Many people will no longer be infectious to others after 5 days. You may choose to take an LFD test from 5 days after your symptoms started (or the day your test was taken if you did not have symptoms) followed by another LFD test the next day. If both these test results are negative, and you do not have a high temperature, the risk that you are still infectious is much lower and you can safely return to your normal routine.

How to safely return to your normal routine before 10 days



Children and young people with COVID-19 should not attend their education setting while they are infectious. They should take an LFD test from 5 days after their symptoms started (or the day their test was taken if they did not have symptoms) followed by another one the next day. If both these tests results are negative, they should return to their educational setting, as long as they feel well enough to do so and **do not have a temperature**.

If you need to leave your home

The most effective way to avoid passing on COVID-19 infection is to stay at home and avoid contact with other people. If you have COVID-19 and you need to leave your home while you are still infectious, you should take the following steps to reduce the chance of passing on the infection to others:

- wear a well-fitting face covering made with multiple layers or a surgical face mask
- avoid close contact with anyone you know who is at higher risk of becoming severely unwell if they are infected with COVID-19, especially those with a severely weakened immune system
- avoid crowded places. If you need to take public transport, avoid busy times, for example by using off peak services
- avoid large social gatherings and events, or anywhere that is poorly ventilated, crowded, or enclosed
- limit close contact with other people outside your household as much as possible. Meet outside and try and stay at least 2 metres apart from them
- take any exercise outdoors in places where you will not have contact with other people
- be especially careful with your hand and respiratory hygiene

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What to do if you are a close contact of someone who has COVID-19

If you live with, or have stayed overnight in the household of, someone who has COVID-19, you are advised to:

- minimise contact with the person who has COVID-19
- work from home *if you are able to do so*
- avoid contact with anyone you know who is at higher risk of becoming severely unwell if they are infected with COVID-19, especially those with a severely weakened immune system
- limit close contact with other people outside your household, especially in crowded, enclosed or poorly ventilated spaces
- wear a well-fitting face covering made with multiple layers or a surgical face mask in crowded, enclosed or poorly ventilated spaces and where you are in close contact with other people
- pay close attention to the main symptoms of COVID-19. If you develop any of these symptoms, order a PCR test. You are advised to stay at home and avoid contact with other people while you are waiting for your test result

Follow this advice for 10 days after the day the person you live or stayed with symptoms started (or the day their test was taken if they did not have symptoms).

Children and young people who usually attend an education or childcare setting and who live with someone who has COVID-19 should continue to attend the setting as normal.

If you are a contact of someone with COVID-19 but do not live with them or did not stay in their household overnight, you are at lower risk of becoming infected. Carefully follow the guidance on Coronavirus: how to stay safe and help prevent the spread.

The full document can be found at <https://www.gov.uk/government/publications/covid-19-people-with-covid-19-and-their-contacts/covid-19-people-with-covid-19-and-their-contacts>

Yours faithfully,

Miss Cotchin
Head teacher

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