



St Cuthbert's Catholic Primary School

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Be yourself, but be it very well.

Head Teacher **Mrs C Swales**
Deputy Head **Mrs A Garrity**

FOR PARENTS OF CLOSE CONTACTS OF COVID-19

Dear Parents and Carers,

Advice for Child to Self-Isolate for 10 Days

We have been advised that there has been a confirmed case of COVID-19 within the school.

We have identified that your child has been in close contact with the affected case.

In line with the national guidance we recommend that you arrange a PCR test for your child via www.gov.uk/get-coronavirus-test or by calling 119. If you have difficulty accessing a PCR test please contact the Community Hub for help on 03000 260 260 or communityhub@durham.gov.uk

Even if your child returns a negative test result it is still important that they stay at home and self-isolate until **Add appropriate date**. Your child must not go to school or any public areas: **your child must remain at home**. Further details of what your child needs to do are in NHS Guidance: www.nhs.uk/conditions/coronavirus-covid-19/testing-for-coronavirus/nhs-test-and-trace-if-youve-been-in-contact-with-a-person-who-has-coronavirus/

We are asking you to do this to reduce the further spread of COVID 19 to others in the community. If you need support with isolation, please contact the Community Hub for help.

Other members of your household can continue normal activities provided your child does not develop symptoms within the self-isolation period.

If your child is well at the end of the period of self-isolation, then they can return to usual activities.

During this period, your child will be set work on DB Primary and it is expected that they complete it if they are well enough to do so. Please email your child's class teacher on class email if there are any difficulties.

Apply for a Test and Trace Support Payment

As a parent or guardian of a child who has been told to self-isolate, you may need to take time off work to look after them. If this is the case you may be eligible for a self-isolation payment of £500. For more information please see: www.gov.uk/test-and-trace-support-payment

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
- keep a regular flow of fresh air into indoor areas.

Help, support, and further information.

To help you comply with the requirement to self-isolate, the County Durham Together Community Hub can provide access to essential supplies, financial support and emotional support as well as other services. Please visit durham.gov.uk/covid19help or call the Community Hub on 03000 260260 for further details.

There is also support available the coronavirus section via durhamlocate.org.uk

Useful Websites

www.gov.uk/coronavirus

www.nhs.uk/coronavirus

www.durham.gov.uk/coronavirus

www.durham.gov.uk/covid19help

www.durhamlocate.org.uk

Yours sincerely

Mrs C Swales
Head Teacher



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