Ravenswood School

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Headteacher
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Dear Parent or Carer,

We are working with UK Health Security Agency (UKHSA) following an increase in COVID-19 related absence and confirmed cases of COVID-19 within our school. For most people, coronavirus (COVID-19) will be a mild illness. However, measures are sometimes still necessary to manage the impact of COVID-19 within childcare and education settings.

Following a risk assessment, UKHSA are advising ALL pupils (who are able) and ALL staff undertake voluntary daily rapid lateral flow device (LFD) testing each morning before they attend school This should be for the next 7 days starting tomorrow, Wednesday 15th March – Tuesday 22nd March.

Whilst daily LFD testing is not routinely recommended within mainstream education settings, this has been advised by the public health professionals as an additional supportive measure during this outbreak. We appreciate you supporting our joint effort of minimising the disruption to your child's education and reducing the spread of COVID-19 in your community. LFD tests are available via community testing sites, local pharmacies or you can order online for home delivery. We do also have some stock in school if you need any please let us know.

LFD tests should only be used by people without symptoms of COVID-19. If your child's LFD test is negative, and they remain without symptoms, they should attend school as usual. If the test is positive, please inform us immediately either by calling the school office on 01275 854134 or email info@ravenswoodonline.org.uk isolate at home and follow the below advice.

If your child develops symptoms of COVID-19 or tests positive for COVID-19

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If your child develops symptoms of coronavirus (COVID-19), they should get a PCR test (https://www.gov.uk/get-coronavirus-test or call 119) and remain at home at least until the result is known and they are fever free (without medication) for at least 24 hours.

If negative, the child can end self-isolation and return to school once well.

If positive, the child should isolate as a positive case (see below)

People who test positive for COVID-19 should self-isolate at home until they are well enough to return, no longer have a temperature and *either*:

a) 10 full days have passed, *or*
b) They have produced two negative LFD tests on consecutive days, with the first taken no earlier than day 5.

Note: Lingering coughs and changes to smell/taste are *not* a sign of ongoing infectiousness, so children with these symptoms can return to school if they have ended their self-isolation period (see above).

If your child does not have symptoms, count the day they took the test as day 0.

You can seek advice on COVID-19 symptoms from the nhs.uk website. 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.

Advice for people who live in the same household as someone who has tested positive for COVID-19 or is symptomatic and awaiting a test result

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

Those who are at higher risk of severe illness from COVID-19 should be supported to minimise their contact with other people in the household during this period, regardless of whether others have symptoms or not. People at higher risk of becoming severely unwell if they are infected with COVID-19 include:

− Older people
− Those who are pregnant
− Those who are unvaccinated
− People of any age with a severely weakened immune system
− People of any age with certain long-term conditions.

How to reduce spread of COVID-19 if you live with someone who has COVID-19

Even if you are vaccinated, you can still be infected with COVID-19 and pass it on to others. People who live in the same household or have had an overnight stay with someone with COVID-19 are at the highest risk as they are more likely to have had prolonged contact. You can help protect others by following the guidance on how to stay safe and help prevent the spread.

To reduce the spread of COVID-19 in your community:

− Minimise your contact with the person who has COVID-19
− Work from home if you are able to do so (children and young people who are close contacts should continue to attend childcare and education as normal)

- 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 enclosed spaces (when not in school)
- Wear a well-fitting [face covering](#) with multiple layers or a surgical face mask for those aged 11 and over in crowded, enclosed or poorly ventilated spaces and when you are in close contact with other people.
- Pay close attention to the [main symptoms of COVID-19.](#) If you develop 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 the guidance on [how to stay safe and help prevent the spread - GOV.UK (www.gov.uk)](#)

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

If you are a <u>health or social care worker</u> or student undertaking a work placement who has been identified as a household contact and are exempt from self-isolation, there is [additional guidance](#) available that you should follow to reduce the risk of spread of COVID-19 in these settings.

If you develop symptoms at any time, even if these are mild, you are advised to stay at home and avoid contact with others, [arrange to have a COVID-19 PCR test,](#) and follow the [guidance for people with COVID-19 symptoms.](#)

For most people, coronavirus (COVID-19) will be a mild illness.

How to stop coronavirus (COVID-19) spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus (COVID-19):

- [Get vaccinated](#) – everyone aged 12 and over can book COVID-19 vaccination appointments now and all adults have been offered at least 2 doses. Further advice about the recommended vaccination schedule and how to book a vaccine appointment is available [here](#).
- Get tested and stay at home if you have the main symptoms of COVID-19.
- Wash your hands with soap and water or use hand sanitiser regularly throughout the day
- 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
- Meet people outside and avoid crowded areas
- Open doors and windows to let in fresh air if meeting people inside
- Wear a face covering if aged 11 and over when it's hard to stay away from other people – particularly indoors or in crowded places with people you do not usually meet

Further Information

Further information is available at
https://www.nhs.uk/conditions/coronavirus-covid-19/

Yours sincerely
Mark Senior