



21 October 2020

Dear Parent/Carer,

### **CONTACT OF CONFIRMED CASE OF COVID-19 (YEAR 8)**

Our COVID-secure strategy includes working with NHS Wales Test, Trace, Protect (TTP) to track everyone who has been in contact with a person who has tested positive for COVID-19 (Coronavirus).

**Please note: This letter only applies to your child if you have been contacted by the Headteacher by SMS text message on 21 October 2020.**

**Your Year 8 child has been identified as a contact of a confirmed case of COVID-19 and will now need to self-isolate until Sunday 1 November 2020.** This period has been calculated from their date of last contact with the confirmed case. By identifying contacts and asking them to self-isolate, we will reduce the possible spread of COVID-19 from those contacts to their family, friends and the wider community. **Your child can return to school on Monday 2 November 2020 if they do not have any COVID-related symptoms.**

Self-isolation advice requires your child to stay at home, not to go outdoors to exercise, visit shops, family or friends, or other public spaces. Please do not invite people to your house. Further information on self-isolation can be found in the link at the bottom of this letter.

If your child remains well, then the other members of your household **do not** need to isolate and can continue with their normal activities. If your child is still well at the end of the period of self-isolation, they can return to St Teilo's and their other usual activities.

To reduce the risk of COVID-19 spreading, there are things that everyone in your family can do to help. These include:

- washing hands with soap and water often – do this for at least 20 seconds;
- using hand sanitiser gel if soap and water are not available;
- washing hands as soon as they get home;
- covering their mouth and nose with a tissue or sleeve (not their hands) when they cough or sneeze; and
- putting used tissues in the bin immediately and washing hands afterwards.

[Continued]

Please be alert for symptoms of COVID-19 in your child, which are:

- A new or continuous cough;
- A high temperature; and/or
- A loss of or change to sense of smell or taste.

If your child develops any of these symptoms, even if they are mild:

- Book them a test by phoning 119 or visiting <https://www.nhs.uk/ask-for-a-coronavirus-test>
- Inform St Teilo's that they are unwell with COVID-19 symptoms and that you have requested a test by emailing [headteacher@stteilos.com](mailto:headteacher@stteilos.com)
- Your child should remain in self-isolation
- All other household members should isolate for 14 days from when your child developed symptoms
- Do not visit a GP surgery, pharmacy or hospital but if you require medical advice please contact NHS 111 or telephone your GP; if there is a medical emergency phone 999
- If you require medical advice for COVID-19 symptoms or another reason, please inform the healthcare worker that your child is a contact of a case of COVID-19 and in self-isolation
- Please follow the advice provided when your child receives their test result.

Further information on symptoms and self-isolation can be found here: <https://gov.wales/symptoms-and-self-isolation-contact-tracing>

For general information on COVID-19 please visit: <https://gov.wales/protect-yourself-others-coronavirus>

The COVID-19 online symptom checker can tell you if you need medical help and advise you what to do: <https://gov.wales/check-if-you-need-coronavirus-medical-help>

Should you have any queries, please do contact me directly by email at [headteacher@stteilos.com](mailto:headteacher@stteilos.com).

With prayers and blessings,

Mr I Loynd  
Headteacher