



BLACKMINSTER MIDDLE SCHOOL

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FOR PARENTS OF CLOSE CONTACTS OF COVID-19 at Blackminster Middle School

Change to Your Child's Requirement to Self-Isolate for 10 Days

Dear Parent,

We have been informed that the individuals who tested positive with a home LFD test in 6CB and 6JB have received their confirmatory PCR test and the result was negative. We have informed the Public Health local health protection team.

Your child may therefore return to school on Thursday the 8th of July. We are really delighted at this outcome, but please take note of the following advice.

What to do if your child develops symptoms of COVID-19

If your child develops any symptoms of COVID-19 they should remain at home for at least 10 days from the date when their symptoms started. Anyone with symptoms will be eligible for testing and this should be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119 .

Please inform the school if your child develops symptoms of COVID-19 and/or tests positive for COVID-19.

All other household members, even if well, must stay at home and not leave the house for 10 days.

The 10-day period starts from the day when the first person in the house became ill.

Household members staying at home for 10 days will greatly reduce the amount of infection the household could pass on to others in the community.

If your child has symptoms, try and keep them as far away from other members of your household as possible. It is especially important that they stay away from anyone who is clinically vulnerable or clinically extremely vulnerable with whom you share a household.

Symptoms of COVID-19

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough **and/or**



- high temperature **and/or**
- a loss of, or change in, normal sense of taste or smell (anosmia)

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

If your child does develop symptoms, you can seek advice from NHS 111 at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/> or by phoning 111.

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:

Do

- 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

Further information

Further information is available at:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

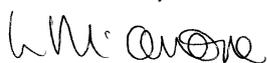
For COVID related support including during self-isolation, contact Here2Help on 01905 768053 or use the web link at www.worcestershire.gov.uk/here2help

The family guide for self-isolation can be found here:

https://www.worcestershire.gov.uk/info/20773/coronavirus_covid-19_advice_for_parents_and_carers/2222/coronavirus_covid-19_coping_with_school_closures_and_isolation

For health-related support visit Starting Well (Herefordshire & Worcestershire Health & Care NHS Trust): <https://www.startingwellworcs.nhs.uk/covid19>

Yours sincerely



Linda McQuone
Executive Headteacher

