

September 2021

Dear Parent / Carer,

I am writing to inform you that there has been a confirmed case of COVID-19 in your child's school. It is likely that your child was in close contact with the case during the infectious period.

While there is no longer a requirement for anyone under the age of 18 to self-isolate if they are a close contact, there are still important steps you can take.

These steps will help prevent further spread of the virus and protect others, and include:

- Arranging for your child to take a PCR test as soon as possible and, if it is positive, ensure they self-isolate at home for 10 days. However, please note that anyone who has had a positive PCR test result in the last 90 days should not take another test as the results may be inaccurate.
- Keeping a close watch for the development of symptoms. Anyone who develops any of the main three symptoms of COVID-19 should self-isolate immediately, and arrange a PCR test. **It is a legal requirement for anyone with COVID-19 symptoms, or a positive test result, to self-isolate for 10 days.** The three main symptoms remain:
 - A high temperature
 - A new, continuous cough
 - A loss or change in sense of smell or taste
- Arranging a PCR test if any other, non-COVID symptoms arise. Please note, there is no requirement to isolate unless a positive result is received in this case.
- Limiting social contact as much as possible, particularly with any vulnerable people.
- Encouraging mask wearing if they are over the age of 11 in indoor crowded spaces and on transport.
- Maintaining high standards of hand hygiene at all times.
- Taking twice weekly rapid tests at home or at a community test centre. More information is available at the following link <https://www.walthamforest.gov.uk/content/stay-safe-test-regularly>

It is very important that you continue to inform your child's school of any positive test results so that they can ensure all necessary steps are taken to keep everyone in the school community safe.

For further information on COVID-19 please visit:

<https://www.walthamforest.gov.uk/service-categories/covid-19>

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

Yours faithfully

Public Health Team
Waltham Forest