

5th July 2021

Dear Parents and Carers,

Warwickshire County Council's Public Health Team has been notified of positive COVID-19 cases at Glendale Infant School. We have followed the national guidance and have used precautionary measures due to age of pupils. As a result of this, your child has been identified as a close contact.

We are currently undertaking enhanced testing, and as a result, are recommending additional actions in response to these cases.

Isolated pupils and all their household contacts should take a PCR test as soon as possible. Isolated pupils must self-isolate for 10 days even if their test is negative. Household members do not need to isolate as they undertake this test, unless their result is positive, or if anyone in the household has symptoms. You can book your test here: <https://www.gov.uk/get-coronavirus-test>

How to book a PCR Test without Symptoms

When you get to the questions:

Is the person who needs a test an essential worker?

Select No

Does the person who needs a test have coronavirus symptoms?

Select No, none of these symptoms

Has the person been asked to get a follow-up test?

Select Yes

Why has the person been asked to get follow-up test?

Select Another reason

From there, the options will be straightforward.

Be Aware of COVID in Your Home

COVID-19 usually presents with a new continuous cough, high temperature, or loss/change in taste/smell. However, COVID-19 can also present as cold symptoms



such as sore throat, severe fatigue/ feeling unwell for no clear reason, poorly tummy, severe headache and muscle aches. Looking out for these less common symptoms is especially important for those with a child/ren self-isolating. If your child or members of your household become unwell in the isolation period, although it may be a seasonal cold, please consider this could be COVID-19 – please isolate with your household and book a PCR test.

It may be difficult for some people to separate themselves from others in the household, particularly if you are living with children or have caring responsibilities. Read the national guidance at www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-to-avoid-spreading-coronavirus-to-people-you-live-with/. Please follow this guide to the best of your ability. Wherever possible, avoid using shared spaces such as kitchens and other living areas while others are present, and take your meals back to your room to eat. Do not share towels. Wear a face covering when spending time in shared areas inside your home. Increase cleaning of touchpoints, use hand sanitiser, clean between uses in the kitchen and bathroom, and ensure that handles of cups, trays, and cutlery are cleaned appropriately between uses.

Routine Testing

'Rapid result' lateral flow tests are also available free for completion at home, and Government suggests that they are completed twice a week, 3-4 days apart. You can order tests online or by phone to be delivered by post to your home, at www.gov.uk/order-coronavirus-rapid-lateral-flow-tests. Alternatively, you can find a local pharmacy offering free home testing kits by looking at this map to find your nearest one: www.maps.test-and-trace.nhs.uk/.

COVID-19 Vaccinations

The COVID-19 vaccination programme is now open to over 18s. Book your appointment through this webpage: www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/.

Thank you for your support in keeping your families, your setting, as well as your local community safe.

Kindest Regards,

Public Health Warwickshire County Council