

## Information for parents/guardian of close contacts of COVID-19 (PCR / LFT positive)

### Advice for child/student to Self-Isolate for 10 Days and get a PCR test

Dear Parent/Guardian,

We have been informed of a positive case/cases of COVID-19 within the Academy.

The Academy have followed the national guidance and have identified that your child has been in close contact with the affected person. Please take the following actions:

- Your child should stay at home and self-isolate until advised by the Academy and following national guidance: <https://www.gov.uk/government/publications/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-COVID-19-infection-who-do-not-live-with-the-person>. We are asking you to do this to reduce the spread of COVID-19 to others in the community. If your child is well and has not tested positive at the end of the 10-day period of self-isolation, then they can return to their usual activities.
- Other members of your household can continue normal activities provided your child does not develop symptoms within the 10-day self-isolation period or test positive.
- **As an extra precaution Public Health England (PHE) is now advising close contacts to get a COVID-19 PCR test.** You should arrange for the close contact to get this test as soon as possible within the 10-day isolation period, ideally through the home PCR testing service. Please refer to attached factsheet and this guidance for more information: [Guidance for contacts of people with confirmed coronavirus \(COVID-19\) infection who do not live with the person - GOV.UK \(www.gov.uk\)](#). *If your child has had a positive PCR test within the last 90 days, you do not need to get another test unless they have new symptoms.*
- If your child tests positive they need to isolate with their household following national guidance [COVID-19: guidance for households with possible coronavirus infection - GOV.UK \(www.gov.uk\)](#). If they test negative, they must still complete ten days isolation.
- All members of the household aged 11 and over should continue to do their regular LFD test twice a week (every 3 to 4 days).
- **Anyone with symptoms should get a PCR test as soon as possible and isolate with their household.** <https://www.nhs.uk/ask-for-a-coronavirus-test>
- You may be eligible for a support payment if you are caring for a child who has to self-isolate as a close contact or have to self-isolate yourself as a case or a close contact. Please see: <https://www.gov.uk/government/publications/test-and-trace-support-payment-scheme-claiming-financial-support/claiming-financial-support-under-the-test-and-trace-support-payment-scheme> for more information.
- Please also inform the Academy of any positive &/or negative result. ([COVID@arkalexandra.org](mailto:COVID@arkalexandra.org))

Many thanks for your help in reducing the transmission of COVID-19.