



## THE LONDON NAUTICAL SCHOOL

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11<sup>th</sup> December 2020

### **COVID-19, Advice to Parents**

Dear Families,

We have today, Friday 11<sup>th</sup> December, been made aware that a pupil in our school community has tested positive for COVID 19.

The confirmed cases have only affected our Year 9 bubble. All those who have been in close contact with any confirmed cases have been advised to self-isolate for 14 days from the date of possible contact.

**The school remains open for all other year groups and providing your child remains well they can continue to attend school as normal. We will continue to monitor the situation and are working closely with Public Health England to ensure we are following all national guidance.**

### **What to do if your child develops symptoms of COVID 19**

If your child develops symptoms of COVID-19, they should remain at home for at least 10 days from the date when their symptoms appeared. This will prevent further spread in the school. You must notify the school immediately if your son develops symptoms.

In such instances all other household members who remain well must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the house became ill.

Household members should not go to work, school or public areas and exercise should be taken within the home. Household members staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community.

If you are able, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period.

### **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, your normal sense of taste or smell (anosmia)

**REMEMBER:** Please be reassured that 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 is available at:-

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

Yours sincerely,



Mr. Michael Schofield

Headteacher