



## THE LONDON NAUTICAL SCHOOL

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11<sup>th</sup> December 2020

### **For Direct Close and Proximity Contacts of Covid 19 in Year 9 at London Nautical School**

Dear Student and Parents,

#### **Advice to Self-Isolate for 14 Days**

We have been advised by Public Health England that there has been a confirmed case of COVID-19 within our Year Group 9 here at London Nautical School.

We have followed the national guidance and have identified that your son(s) may have been in contact with an affected person. In line with the [national guidance](#) **your son(s) must not come into school, with immediate effect, stay at home and self-isolate until Wednesday 23<sup>rd</sup> December 2020.**

We will be providing work via Google classroom for the remainder of the school term (till the 18<sup>th</sup> December) and will send you details of our distance learning provision early next week.

We are asking you to do this to reduce the further spread of COVID 19 to others in our school community. If your son(s) is/are well at the end of the 14 days period of self-isolation, then they can return to usual activities here at London Nautical School.

#### **What should other members of my household do?**

Other members of your household can continue normal activities provided they do not develop symptoms within the 14-day self-isolation period.

Please see the link to the PHE Staying at Home Guidance

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

#### **Symptoms of COVID 19**

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

- new continuous cough and/or

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

### **What to do if you develop symptoms of COVID 19**

If you or your family members develop symptoms of COVID-19, you / they should remain at home for at least 10 days from the date when their symptoms appeared, and go to the [testing](#) website to arrange a test for COVID-19. In this instance 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 university, 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.

### **How to stop COVID-19 spreading**

There are things you can do to help reduce the risk to you and the spread of COVID-19:

*Do*

- Wash your hands with soap and water often – do this for at least 20 seconds
- Use hand sanitiser gel (that contains at least 60% alcohol) if soap and water are not available
- Avoid touching your eyes, nose, and mouth with unwashed hands
- 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
- Clean and disinfection frequently touched surfaces daily in home, work and study environment
- If you develop symptoms of COVID-19 you must stay at home and arrange a test for COVID-19. You can find further information or check your symptoms at [NHS 111 online](#)

Further information is available at

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

Yours sincerely,



Mr. Michael Schofield  
Headteacher