

24<sup>th</sup> January 2022

Dear Parents/ Carers

I am writing to advise you we have had further confirmed cases of COVID-19 within the school. We know that you may find this concerning, but we are continuing to monitor the situation and are providing the following advice. Please be reassured that for most people, coronavirus (COVID-19) will be a mild illness. The school remains open, and your child should continue to attend as normal if they remain well.

**What to do if your child develops symptoms of coronavirus (COVID-19) or tests positive for COVID-19 via PCR or Lateral Flow Device Test (LFD test)**

Symptoms of coronavirus (COVID-19) are a new, continuous cough, or a high temperature, or a loss of, or change in, their normal sense of taste or smell (anosmia). Anyone with symptoms is eligible for a PCR test (the normally available test type) and this can be arranged via [Get a free PCR test to check if you have coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](#) or by calling 119.

If your child develops symptoms of coronavirus (COVID-19), they should [get a PCR test](#) and remain at home at least until the result is known. If negative, the child can end self-isolation; if positive, the child should isolate until at least 10 days after their symptoms appeared (see below for the conditions required to end self-isolation earlier than 10 days).

If the child has a positive test result (via PCR or LFD test) but does not have [symptoms](#), they should stay at home and self-isolate for 10 days from the date the positive test was taken. This isolation period will be extended if they go on to develop symptoms by counting 10 full days from the day following their symptom onset (see below for the conditions required to end self-isolation earlier than 10 days).

**Please note**, as [per latest guidance](#), self-isolation period can be ended earlier **as long as certain conditions are met** (please see explanatory table below). You can take an LFD test on day 5 after the day your symptoms started (or the day your test was taken if **you did not have symptoms**), and another LFD test on the following day. The second LFD test should be taken at least 24 hours later. If **both these test results are negative**, and you **do not have a high temperature**, you may end your self-isolation after the second negative test result.

<https://www.gov.uk/report-covid19-result>

You should **not** take an LFD test before the fifth day of your isolation period, and you should only end your self-isolation after you have had **2 consecutive negative** LFD tests which should be taken at least **24 hours** apart.

**Lime Academy Ravensbourne**

Neave Crescent, Romford, Essex RM3 8HN **Tel:** 01708 341800 **Email:** [office@limeacademyravensbourne.org](mailto:office@limeacademyravensbourne.org)

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**CN:** 09297519 **RO:** England and Wales 70–72 New Road, London E4 8ET

[www.limeacademyravensbourne.org](http://www.limeacademyravensbourne.org)

This guidance (see online link by clicking [here](#)) also applies to children and young people who usually attend an education or childcare setting.

Monday = Day 0	When you <a href="#">develop symptoms</a> or get a positive test
Tuesday = Day 1	
Wednesday = Day 2	
Thursday = Day 3	
Friday = Day 4	
Saturday = Day 5	First lateral flow test
Sunday = Day 6	Second lateral flow test and if both Day 5 & 6 are Negative you can leave self-isolation – provided you <b>do not</b> have COVID symptoms at this point

**What is the latest advice for the contacts of someone who has tested positive for COVID-19?**

[Guidance for households with possible or confirmed coronavirus \(COVID-19\) infection](#)

[Guidance for contacts of people with confirmed coronavirus \(COVID-19\) infection who do not live with the person - GOV.UK \(\[www.gov.uk\]\(http://www.gov.uk\)\)](#)

Any member of the household who is aged 18 years and 6 months or over and has only received one dose of COVID-19 vaccine or has not received any dose of the COVID-19 vaccination will still be required to self-isolate for the full 10 days.

**NHS Test and Trace** will get in touch with anyone who is a contact of someone who has tested positive for COVID-19 and will provide isolation and testing advice.

You may be entitled to a one-off payment of £500 through the [NHS Test and Trace Support Payment scheme](#) if you are required to stay at home and self-isolate or you are the parent or guardian of a child who has been told to self-isolate.

Those who are [clinically extremely vulnerable](#) should be supported to minimise their contact with other people in the household during this period, regardless of whether others have symptoms or not.

For most people, coronavirus (COVID-19) will be a mild illness. If your child does develop symptoms, you can seek advice from the nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>.

If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> or by phoning 111.

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### How to stop coronavirus (COVID-19) spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus (COVID-19):

- get vaccinated – everyone aged 12 and over can [book COVID-19 vaccination appointments](#)
- wash your hands with soap and water or use hand sanitiser regularly throughout the day
- 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
- meet people outside and avoid crowded areas
- open doors and windows to let in fresh air if meeting people inside
- wear a face covering if aged 11 and over when it's hard to stay away from other people – particularly indoors or in crowded places
- participate in twice weekly LFD testing following national guidelines (recommended for 11 years and over). We encourage you to log your results here: <https://www.gov.uk/log-test-site-covid19-results>

As you are aware, things are changing rapidly, please familiarise yourselves with the latest government guidance and further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Yours faithfully



Victoria Fackler  
Headteacher

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