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Public Health
Wales

Ebost/Email:
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Ffôn/Tel: 03000 859992

Date: **14/06/2021**

Dear Parent or Carer,

Re: Contact of confirmed case of COVID-19 in Flint High School

NHS Wales Test, Trace, Protect trace everyone who have been in contact with a person who has tested positive for COVID-19 (Coronavirus). Please note that that this letter confirms that your child's details have been registered with NHS Wales Test, Trace & Protect. You are now required to follow the guidelines below.

Your child has been identified as **a contact of a confirmed case of COVID-19** and will now need to **self-isolate with immediate effect**. By identifying contacts and asking them to self-isolate, we will reduce the possible spread of COVID-19 from those contacts to their family, friends and the wider community. This includes all students in **form 8P** and we are working to establish any further close contacts.

Self-isolation advice **requires your child to stay at home**,

- Not to go outdoors to exercise, to visit shops, family or friends, or to other public spaces.
- Please do not invite people to your house or mix with others from your school. Your child must remain at home; however other household members are able to continue with their usual activities.
- Do not meet up with other members of the isolating bubble
- If at any point someone in the household becomes symptomatic, then the whole household should isolate. At this point, a test should be booked for the person with symptoms.

If your child is still well at the end of the of self-isolation, and no other household member is symptomatic, they can return to their usual activities on the **Sunday 20th June 2021** unless you are informed otherwise.

To reduce the risk of COVID-19 spreading, there are things that everyone in your family can do to help. These include:

- washing hands with soap and water often – do this for at least 20 seconds
- using hand sanitiser gel if soap and water are not available
- washing hands as soon as they get home



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- covering their mouth and nose with a tissue or sleeve (not their hands) when they cough or sneeze
- putting used tissues in the bin immediately and washing hands afterwards

Please be **alert for symptoms of COVID-19 in your child**, which are:

- A new or continuous cough
- A high temperature
- A loss of or change to sense of smell or taste

If your child develops any of these symptoms, even if they are mild:

- Book a test for them by phoning 119 or through the online portal:
<https://www.nhs.uk/ask-for-a-coronavirus-test>
- Inform the School that they are unwell with COVID-19 symptoms and that you have requested a test
- Your child should remain in self-isolation
- All other household members should isolate for 10 days from when your child developed symptoms
- Do not visit a GP surgery, pharmacy or hospital but if you require medical advice please contact NHS 111 or telephone your GP; if there is a medical emergency phone 999
- If you require medical advice for COVID-19 symptoms or another reason, please inform the healthcare worker that your child is a contact of a case of COVID-19 and in self-isolation
- Please follow the advice provided when your child receives their test result

Further formation on Test, Trace, Protect can be found here

<https://gov.wales/test-trace-protect-coronavirus>

Further information on symptoms and self-isolation can be found here

<https://gov.wales/symptoms-and-self-isolation-contact-tracing>

For general information on COVID-19 <https://gov.wales/protect-yourself-others-coronavirus>

The COVID-19 online symptom checker can tell you if you need medical help and advise you what to do <https://gov.wales/check-if-you-need-coronavirus-medical-help>

With best wishes,

Jim Connelly
HEAD TEACHER

On behalf of Public Health Wales Health Protection Team