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22nd September 2021

Advice Letter re. Covid-19

Dear Parents and Carers,

We have been advised by Public Health England that there has been confirmed cases of COVID-19 within our school. **We do not want to cause any alarm but we have been asked to send some reminders to you.**

This letter is to inform you of the current situation and provide advice on how to support your child. Please be reassured that for most people, coronavirus (COVID-19) will be a mild illness.

The school remains fully open and your child should continue to attend as normal if they remain well. We encourage household members that are aged 11 and over to continue with twice weekly LFD testing to help identify cases promptly.

If your child is a close contact, they will have been contacted directly by NHS Test and Trace.

A reminder of what to do if your child develops symptoms of coronavirus (COVID-19) or tests positive for COVID-19

To support with keeping our community safe, if your child develops symptoms of coronavirus (COVID-19), then they should get a PCR test and remain at home at least until the result is known. If the test is negative, the child can end their self-isolation; if positive, the child should isolate until at least 10 days after their symptoms appeared. Symptoms of coronavirus (COVID-19) are:

- a new, continuous cough
- a high temperature
- a loss of, or change in, their normal sense of taste or smell (anosmia).



If your child has a positive test result but does not have [symptoms](#), they should still 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 went on to develop one of the three main symptoms. They would then continue to isolate by counting 10 full days from the day that their first symptom started.

Anyone with symptoms will be 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.

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 18 and over can [book COVID-19 vaccination appointments](#) now and 16-17 year olds are being offered 1 dose of the vaccination by 23 August
- 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>

Further Information

Further information is available at

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

Yours sincerely

Sarah Tomlinson
Headteacher on Behalf of Public Health England

