



4 December 2020

Dear Parents and Carers

We have received a few enquiries about what self-isolation actually means for their child. The key information that you need is:

How to self-isolate

You must not leave your home if you're self-isolating.

Don't

- ✗ do not go to work, school or public places – work from home if you can
- ✗ do not go on public transport or use taxis
- ✗ do not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- ✗ do not have visitors in your home, including friends and family – except for people providing essential care
- ✗ do not go out to exercise – exercise at home or in your garden, if you have one

You do not need to book a test for your child, unless they start to show symptoms. At this point the whole family should isolate until the results of the test have been received.

Full guidelines can be read via the following link:

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

Please notify the school if your child does begin to display symptoms.

Kind regards

Mrs A Palmer
Headteacher



SCHOOL
MEMBER