

All Hallows Catholic College

A Voluntary Academy | National Teaching School

Aspire not to have more but to be more

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Principal - Mr T Beesley

4th October 2020

Advice to Self-Isolate – Sixth Form

Dear Student,

This evening we have been informed that one of our Sixth Form students has tested positive for Covid-19. For reasons of confidentiality, we are not permitted to release the name of this student to our community. We are waiting for advice from the Health Protection Team (HPT) regarding who should self-isolate, but whilst we are waiting for this advice, we are advising all Sixth Form students to isolate at home with immediate effect. At present, we are assuming that this isolation period will need to extend to 14 days, but as the student in question has not been in College since Wednesday 30th September, in line with the national guidance available below, you must now stay at home and self-isolate until Thursday 15th October. We are asking you to do this to reduce the further spread of COVID-19 to others in the community.

In the days ahead, the HPT may be able to support us in identifying the close contacts of the student. This may allow us to ask a smaller group of students to isolate and to bring others back to school. In the absence of such advice, we are choosing to be cautious by asking the entire 'bubble' to remain at home.

If you are well at the end of the period of self-isolation, then you can return to usual activities. A negative test does not mean that you can stop self-isolation earlier. Other members of your household can continue normal activities provided you do not develop symptoms of COVID-19 within the self-isolation period.

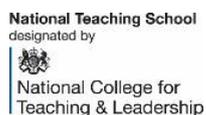
Please see the link to the PHE Staying at Home Guidance:

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

What to do if you develop symptoms of COVID 19

If you develop symptoms of COVID-19, you should remain at home for at least 10 days from the date when your symptoms appeared as advised in <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>.

You can arrange for testing for via <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested>. 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 work, school, or public areas and exercise should be taken within the home. Household members



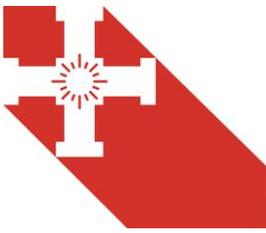
Honourable Purpose

Respect

Compassion

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Stewardship



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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.

Symptoms of COVID 19

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

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

How to stop COVID-19 spreading

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

- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- 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

Further Information

Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Yours sincerely

Tim Beesley
Principal



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