



HEATHWOOD LOWER SCHOOL, Heath Road, Leighton Buzzard, Bedfordshire LU7 3AU
www.heathwoodlower.com Telephone: 01525 377096 E-mail: office@heathwood.beds.sch.uk
Headteacher: Mrs Susanne Dove B. Ed (Hons), NPQH

Advice to Parents/Carers: Positive Case(s) of COVID-19

Date: 7th July 2021

Whilst Pre-School and Class 1 are closed, the rest of the school remains open. Your child should continue to attend if they remain well.

We have been advised by Public Health England that there has been a confirmed case(s) of COVID-19 within Heathwood Lower School.

We know that you may find this concerning but are continuing to monitor the situation and are working closely with Public Health in Central Bedfordshire. This letter is to inform you of the current situation and to provide advice on how to support your child. Please be reassured that for most people, coronavirus (COVID-19) will be a mild illness.

The number of children and adults who have been in direct, close contact with the confirmed case(s) will have received an individual letter and will be staying at home and self-isolating for 10 days.

We have also been advised by Public Health that all close contacts of positive cases should self-isolate and should now book a PCR test as soon as possible at: <https://www.gov.uk/get-coronavirus-test> or by calling 119.

This will help to reduce the further spread of COVID-19 to others in the community. Around 1 in 3 people do not have symptoms of COVID-19; increased testing will help to find other cases, and to limit the spread of this disease.

PLEASE NOTE THAT, EVEN IF THE RESULT OF A PCR TEST IS NEGATIVE, ALL CLOSE CONTACTS OF A POSITIVE CASE WILL NEED TO CONTINUE TO SELF-ISOLATE FOR THEIR FULL 10 DAYS.

If your child is well at the end of the 10-day period of self-isolation, then they can return to usual activities.

Other members of your household can continue normal activities provided your child does not test positive or develop symptoms within the 10-day self-isolation period.

Please see the link to the government's '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 your child develops symptoms of COVID-19

If your child develops symptoms of COVID-19, they should **remain at home for at least 10 days from the date when their symptoms appeared**. Anyone with symptoms will be eligible for testing and this can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119 .

All other household members who remain well must stay at home and not leave the house for 10 days.

The 10-day period starts from the day when the first person in the house became ill.

Household members staying at home for 10 days will greatly reduce the overall amount of infection the household could pass on to others in the community

If you can do so, please 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)

Most people with symptoms have at least one of these.

Please note that we have also seen that additional symptoms of an upset stomach, headache, sore throat, and unusual fatigue could be some early warning indicators of a potential COVID-19 infection.

For most people, coronavirus (COVID-19) will be a mild illness.

If your child does develop symptoms, you can seek advice from the NHS 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

1. Continue to be vigilant for symptoms of Covid-19.

Please be vigilant for symptoms of COVID-19 and keep your child at home if unwell. If this happens, then please self-isolate and book a PCR test as above.

2. Continue to participate in regular LFD testing.

Everyone over the age of 11 in Central Bedfordshire, is encouraged to take up the offer of twice weekly testing. We have [test centres](#) across Central Bedfordshire for people to get tested, which can provide results usually within 30 minutes. You can also collect tests from [test centres](#), from [local pharmacies](#) or order tests for home delivery at: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

3. If you (as a parent/carer) are eligible for vaccination, please book this promptly.

You can book your vaccination at: <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/> or visit the Clinical Commissioning Group website for details of drop-in sessions: <https://www.blmkccg.nhs.uk/>

Further Information

Further information is available at:

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

Be Kind, Be Ready, Be Safe. This is The Heathwood Way

Yours sincerely

Mrs Susanne Dove
Headteacher

