Date: DD/MM/YYYY

FOR CONTACTS/ PARENTS OF CLOSE CONTACTS OF COVID 19 at XXXXX

**Advice for child to self-isolate for 10 days**

Dear parent,

**Isolation advice**

We have followed the national guidance and have identified that your child (name) has been in close contact with a person who is a confirmed case of COVID-19. In line with the national guidance, your child needs to now stay at home and self-isolate until ADD DATE (10 days after contact). We are asking you to do this to reduce the further spread of COVID-19 to others in the community.

INCLUDE IF LFD POSITIVE AWAITING CONFIRMATORY PCR

A confirmed case is someone who has tested positive to COVID-19. Individuals who test positive as part of an asymptomatic rapid testing programme (e.g. the regular testing at home or at school of people who do not have symptoms) will be asked to book a confirmatory test. In the unlikely event their positive result is not confirmed, we will re-write to you to advise that your child no longer needs to isolate. If you do not receive advice that your child can stop isolating, please continue to do so for the full 10 days.

If your child is well at the end of the 10 days 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 develop symptoms within the 10 day 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 your child develops symptoms of COVID 19**

If your child develops symptoms of COVID-19, **you should organise for your child to be tested** via the [NHS online portal](https://www.nhs.uk/ask-for-a-coronavirus-test) or by calling 119. Your household should isolate until you receive the test results and are provided with advice on what to do next.

**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.**

**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

Do:

* 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

**Isolation payment**

Parents and carers of children who have been advised to self-isolate by their education setting or by NHS Test and Trace are now able to apply for a [Test and Trace Support Payment](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fgovernment%2Fpublications%2Ftest-and-trace-support-payment-scheme-claiming-financial-support%2Fclaiming-financial-support-under-the-test-and-trace-support-payment-scheme%3Futm_source%3D22%2520March%25202021%2520C19%26utm_medium%3DDaily%2520Email%2520C19%26utm_campaign%3DDfE%2520C19&data=04%7C01%7CAlexa.Gainsbury%40phe.gov.uk%7C6213d2860e4349b7270f08d8ed3c681d%7Cee4e14994a354b2ead475f3cf9de8666%7C0%7C0%7C637520190987398447%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=7KZqqK1X2tlm8Vs%2Fdfsxy%2FOfgI%2BGbkOozh7H%2Bd16V2g%3D&reserved=0) or discretionary payment of £500, if they meet the eligibility criteria. The payment is to support parents and carers who are unable to attend work due to childcare responsibilities. You can apply for the payment via the local authority in which you live LOCAL DETAILS IF KNOWN

Further information about COVID-19 is available at

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

Yours sincerely

Name

Role