



nishkamprimaryschool

birmingham



Thursday 31st December 2020

Dear Parent/Carer

I hope this letter finds you and your families well. I am sure you have already heard the news from the government that the West Midlands is now placed in Tier 4. As per government guidance, we will reopen as planned on Tuesday 5th January at the usual staggered times for your child/children.

We would like to reiterate the message of continuing to wash hands regularly with soap and water; keeping your distance with other parents when dropping off or collecting your children; and wearing a suitable face covering. In addition, should you develop any Covid-19 symptoms then you must not drop your child off, you and your entire household should isolate until a negative test result is obtained. If your child has symptoms, then do not send them into school. Please ensure that whole household isolate and organise a test or take advice from the medical professionals by contacting 119 or 111.

Testing for Covid-19 is readily available at the various test centres around the city which can be booked easily. In addition, there are lateral flow tests available for anyone in the city who does not have any symptoms. These are useful to stop any further spread of the virus. Please find all details of symptoms and testing overleaf.

We look forward to welcoming you all back in the new year.

Kind regards

Mrs Westwood and Mrs G Kaur.

What to do if your child develops symptoms of COVID 19

If your child develops symptoms of COVID-19, they must not come to school and should remain at home for at least 10 days from the day after 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. This includes anyone in your 'Support Bubble'.

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

The 10-day period starts from the day after 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.

If you require help with buying groceries, other shopping or picking up medication, or walking a dog, you should ask friends or family. Alternatively, you can order your shopping online and medication by phone or online.

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 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

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

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

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

If your child or anyone in the household does 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 telephoning 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
- Remain socially distanced at all times including pick up and drop off. Please consider wearing a mask at these times.

Lateral Flow Testing

Birmingham residents can now get tested for Covid even if they don't have symptoms at additional sites across the city. However, those who have symptoms should ring 119 or go to the NHS website to book a test at one of the 12 local symptomatic testing sites across the city.

The lateral flow test is most useful for identifying people who are infectious on the day of the test but don't have symptoms. The test isn't as good at finding the virus early in infection, so its value is mainly in finding infectious people who don't know they are infected.

https://www.birmingham.gov.uk/news/article/782/additional_lateral_flow_testing_sites_now_open_for_birmingham_residents