



# Plymouth High School for Girls

*"For life, not school, we learn"*

15<sup>th</sup> September 2020

Dear Parent / Carer

## **RE: Advice for child to self-isolate for 14 days**

I wanted to update you following our message on Sunday asking all members of the sixth form to self-isolate as we had been notified that a student had tested positive for coronavirus (COVID-19).

We are working the Public Health team at Plymouth City Council and Public Health England to ensure we are taking all appropriate measures to keep our school community safe.

We recognise the disruption that asking students to self-isolate may cause you. The City Council and Public Health England have confirmed this action is necessary to minimise the risks to all pupils and is in line with the national guidance. We are carrying out further investigations and if this changes, we will let you know.

They have also confirmed the guidance that other members of your household can continue normal activities provided your child does not develop symptoms within the 14 day self-isolation period. This includes siblings, who are able to attend school unless they develop any symptoms.

There is some further information and guidance below that you may find useful.

Our aim is to minimise the disruption the self-isolation causes to your child's education by ensuring students continue their learning with online sessions and have regular contact with their teachers.

We will keep you updated on any changes.

**Simon Underdown**  
**Headteacher**

## **Further guidance**

### **Stay at home**

You can find the guidance for stay at home on this web page. When self-isolating your child should not leave the home or meet up with friends or anyone outside your household.

<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 them to be tested via the [NHS online portal](#) or by calling 119. Your household should isolate until you receive the test results giving the all clear.

### **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

### **Further information**

Further information is available at

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