

Date: 12<sup>th</sup> July 2021

**Outwood Post 16 Centre Worksop**

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Executive Principal: Dr. Phil Smith

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Our Ref: JS/JB

Dear Parents,

We have been advised by Public Health England that there has been confirmed cases of COVID-19 within the Post 16 Centre.

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

The small number of students who have been in close contact with the individual who has tested positive for coronavirus (COVID-19) have received a letter informing them that their son/daughter must stay at home for 10 days.

The Centre remains open and your son/daughter should continue to attend as normal if they remain well.

### **What to do if your son/daughter develops symptoms of COVID 19**

If your son/daughter develops symptoms of COVID-19, they must not come to the Centre and should remain at home for at least **10 days** from the date when their symptoms appeared. Anyone with symptoms will be eligible for a PCR test (the normally available test type) 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-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

The household isolation period includes the day the first person in your household's symptoms started (or the day their test was taken if they did not have symptoms) and the next 10 full days. This means that if, for example, your 10 day isolation period starts on the 15<sup>th</sup> of the month, your isolation period ends at 23:59 hrs on the 25<sup>th</sup> and you can return to your normal routine.

Household members should not go to work, school or public areas and exercise should be taken within the home.

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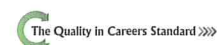
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The Quality Award in CEIAG (Prospects) meets the requirements fully for national validation by the Quality in Careers Standard (QICS)

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 son/daughter does develop symptoms, you can seek advice from the nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>. If you are concerned about your son/daughter's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> 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

*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/>

Yours sincerely



**Mrs J Shea**

Head of Outwood Post 16 Centre