

## [Contacts of Positive Case]

Dear Parent/Guardian of XXX

The Health Protection Hub has been made aware that your child has been in close or direct contact with someone confirmed as having COVID-19. A 'contact' is a person who has been close to someone who has tested positive for COVID-19 anytime from 2 days before the person had symptoms and up to 10 days from the start of symptoms (this is when they are infectious to others). For example, a contact can be:

- People who spend time in the same household as a person who has tested positive for COVID-19
- A person who has had face-to-face contact (within one metre), with someone who has tested positive for COVID-19, including:
  - Being coughed on
  - Having a face-to-face conversation within one metre
  - Having skin-to-skin physical contact, or
  - Contact within one metre for one minute or longer without face-to-face contact
- A person who has been within 2 metres of someone who has tested positive for COVID-19 for more than 15 minutes
- A person who has travelled in a small vehicle with someone who has tested positive for COVID-19 or in a large vehicle or plane near someone who has tested positive for COVID-19

**Your child will therefore need to self-isolate for 14 days from the date of contact, which we understand was XXX**

It is very important that your child follows this advice even if they feel well, as symptoms can take up to 14 days to appear from their last contact with the person who has tested positive for COVID-19.

Your child is a contact of a person who has tested positive for COVID-19, but if they do not have symptoms, other people living with them in the household do not need to self-isolate, but should follow the general guidance.

If your child does develop symptoms of COVID-19, you should arrange for them have a local test to see if they have COVID-19 – visit [NHS.UK](https://www.nhs.uk) to arrange or contact NHS 119 via telephone if you do not have internet access. In this instance then all household contacts will need to **begin self-isolation at home** while you wait for your child's test result. Follow the [Stay at Home: Guidance for households with possible or confirmed COVID-19](#).

If your child's test result is positive, please notify your child's school as soon as possible and ensure that they follow the advice for people with COVID-19. They should self-isolate at home for 10 days from when their symptoms started, regardless of where they were in their previous 14-day isolation period. All household contacts should begin their own 14 day self-isolation period which starts on the day your child's symptoms started, or from the date of the test if they did not have symptoms.

If your child's test result is negative, they are still at risk of developing COVID-19 and should continue to stay at home for the full 14-day period. They could spread the infection to others during this time even if you do not have any symptoms.

**Self-Isolating means:**

- You must not leave your home if you are self-isolating.
- Do not go to work, school or public places – work from home if you can
- Do not go on public transport or use taxis
- Do not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- Do not have visitors in your home, including friends and family – except for people providing essential care
- Do not go out to exercise – exercise at home or in your garden, if you have one

If your child will not be self-isolating at your normal address, then you must notify [DailyCovidCases@telford.gov.uk](mailto:DailyCovidCases@telford.gov.uk) immediately of the address your child will be at for the duration of the self-isolation period and provide the names of any other persons who will also be at that address for the duration of the self-isolating period.

*If you do not follow the above steps then you will be in breach of the Government's Coronavirus restrictions and liable to a fixed penalty fine or prosecution.*

**When does self-isolation end?**

If you have not had any symptoms, your 14 days of self-isolation ends **XXXXXXXX**

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-long-to-self-isolate/>

Advice on this can be found here: <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

**Help and Support**

We understand that this will be an unsettling experience for you and that you may have concerns regarding finances and access to food and medicine. Please therefore see the information below

**Financial support**

Tell your employer if you cannot work while self-isolating. They should tell you if you are covered by their sick leave or special leave policy.

If you cannot get sick pay from your employer, you might be able to get statutory sick pay . Please visit <https://www.gov.uk/guidance/coronavirus-covid-19-what-to-do-if-youre-employed-and-cannot-work> for more information

Telford & Wrekin Council also has advice pages you can visit if your income has impacted by having to self-isolate then please check what you are entitled to at:

[www.telford.gov.uk/coronavirus](http://www.telford.gov.uk/coronavirus)

There is a range of benefits and support that is available that you may be able to access such as council tax reduction, free school meals, test and trace payments and pension credit to name just a few.

### **Help with Food and Medical Supplies**

If you consider yourself vulnerable or have no one to turn to for help please go to;

[www.telford.gov.uk/isolationssupport](http://www.telford.gov.uk/isolationssupport) or call the Community Support line on **01952 382030** – this line is open 9am-5pm weekdays and 9am to 1pm on Saturdays , they can help with advice on collecting prescriptions, shopping or just offering you someone to chat with.

You can also call NHS Responders on **08081963646** – which is open 8am – 8pm everyday who will offer advice on support available to you.

If you require any further information, please don't hesitate to contact us.

Kind regards