



Fakenham Junior School

Be the best YOU can be.

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Wednesday 16th September 2020

Dear Parents/ Carers

We thought it was wise to write to parents in both schools to ensure you are all clear about the requirements for requesting a test and self-isolation. Both schools will be expecting the same cooperation from you and will be in regular communication with each other about children and families. We have attached a useful poster from Public Health England to this email/letter. It is the basis on which we are working.

If your child, or a member of your household, **has one or more** of the following symptoms you need to **self-isolate as a family and book a test** for the person/people with symptoms.

1. **New continuous cough:** coughing a lot for more than an hour or more coughing episodes in 24 hours than normal. (If it is straight after, or during, a meal/drink it may just be a normal windpipe blockage).
2. **A fever:** a temperature over 37.8 degrees Celsius
3. **A loss, or change, to the sense of taste or smell:** this includes if things smell or taste different to them.

Please do not try to state “but I think it is this” or “I know it isn’t CoVid-19”. None of us are health-care professionals and even doctors/nurses are stating ‘get a test for safety’.

We recognise that self-isolation is disruptive to everyone, especially as the Test and Trace system does not seem to be working efficiently at the moment. However, it is what we have been asked to do to keep everyone safe and it is what we expect to happen for all children, families and staff at Fakenham Infant and Nursery School and Fakenham Junior School. Both schools will provide home-learning whilst children have to self-isolate.

If you get a **negative test result** returned **all the household can come out of isolation and return to normal.**

If you get a **positive test result:**

- the **person with symptoms** must stay in **isolation for 10 days** from the day after when the symptoms began (**symptom day + 10 days**).
- the **rest of the household** must stay in **isolation for 14 days** from the day after the symptoms began (**symptom day + 14 days**).

This is unless another member of the household tests positive and then the calculation date changes to the second person. **If you can’t get a test you treat it as a positive test and follow the above positive test rules.**

Thank you in anticipation of your full cooperation.

Sarah Gallichan, Headteacher, Fakenham Infant and Nursery School.

Adam Mason, Headteacher, Fakenham Junior School.



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