

14th December 2020

CHANGES TO SELF-ISOLATION PERIOD, ANNOUNCED TODAY – CLASS 5SB

Dear Parent/Carer,

You will have seen on the news today that the Government has just announced the shortening of the self-isolation period from **14 days to 10 days**. We had no advance notice of this announcement. We have had to await confirmation from our local Public Health team and Enfield's Director for Education for confirmation. Having received this, I can confirm that your child's last day of self-isolation will be Thursday 17th December, and your child is able to go about their normal daily life from **Friday 18th December**.

If your child is well at the end of the 10-day period of self-isolation, then they can return to usual activities, including school. Other members of your household can continue their normal activities provided your child does not develop symptoms within the 10-day self-isolation period. Please see the link to the PHE Staying at Home Guidance. Read the guidance [here](#).

What to do if your child develops symptoms of COVID 19

If your child develops symptoms of COVID-19, they should remain at home for at least 10 days from the date when their symptoms appeared. All other household members who remain well must stay at home and not leave the house for 14 days.

The 14-day period starts from the day when the first person in the house became ill. Household members should not go to work, school or public areas. Household members staying at home for 14 days will greatly reduce the overall amount of infection that they can pass on to others in the community.

If you are able, isolate from vulnerable individuals (such as the elderly and those with underlying health conditions) living in your home, please do so during your isolation period.

Symptoms of COVID 19

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

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

If your child or anyone in the household does develop symptoms, you can seek advice from NHS 111 [here](#).

Kind Regards,



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