



## Update Covid-19

9<sup>th</sup> September 2020

Dear Parent / Carer,

We have had a number of queries from parents asking for some guidance on self-isolation. I have attached the Guidance from Welsh Government regarding the onset of symptoms and the rules around self-isolation but would like to draw your attention to the following:

The most important symptoms are:

- New continuous cough
- High temperature
- Loss of or change to your normal sense of smell or taste

Self-Isolation

- If a person has symptoms of COVID-19, however mild, **they must self-isolate at home for at least 10 days** from when the symptoms started. A test should be arranged for the person showing symptoms.
- Other household members who live with the person showing symptoms **must self-isolate for 14 days**. The 14 day period starts from when the person in the house became ill.

If there is a positive test, a contact tracer will be in contact

### Ending self-isolation

If you have had symptoms of COVID-19 or a positive test, then you may end your self-isolation after 10 days and return to your normal routine if you do not have symptoms other than a cough or loss of sense of smell / taste. If you still have a high temperature, keep self-isolating until your temperature returns to normal and seek medical advice.

After 10 days, if the person has a cough or change to or loss of sense of smell or taste, they do not need to continue to self-isolate. This is because these symptoms can last for several weeks once the infection has gone. The 10 day period starts from the day the person first became ill.

I hope that the attached guidance clarifies what should be done in the event of the onset of symptoms.

Yours Sincerely

Mr. S. Clarke (Headteacher)

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