



# St Cuthbert's Catholic Primary School

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*Be yourself, but be it very well.*

Head Teacher **Mrs C Swales**  
Deputy Head **Mrs A Garrity**

## FOR PARENTS OF CHILDREN NOT IN CLOSE CONTACT

Dear Parents and Carers

We have been advised that there has been a confirmed case of COVID-19 within the school.

We have carried out a full risk assessment and identified all those who have been in close contact with the affected case and have recommended that they stay at home and self-isolate until 10 days after their last contact.

Your child has **not** been identified as a close contact and therefore does not need to make any change to their usual routine, including school attendance.

### What to do if your child develops symptoms of COVID 19

For most people, especially children, COVID-19 will be a mild illness.

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

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

If your child develops any of these symptoms of COVID-19, they should remain at home and you should arrange a PCR (Polymerase Chain Reaction) test for them.

Testing can be arranged by calling 119 or via [gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test)

If your child has developed symptoms, all other household members must begin to self-isolate, this means staying at home, not go to work, school or public areas, even for exercise.

When you receive the result of your child's PCR test, further advice will be provided via the NHS Test and Trace Service.

### If your school asks you to arrange a PCR test for your child without symptoms.

On some occasions the school may ask you arrange a PCR test for your child and the national system does allow for a PCR test if you have no symptoms in the following circumstances:

- you've been in contact with someone who's tested positive
- you've been asked to get a test by a local council or someone from NHS Test and Trace
- a GP or other health professional has asked you to get a test

- you've been asked to get a test to confirm a positive result

A full list of circumstances can be found via [gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test). If you have difficulty accessing a PCR test, please contact the Community Hub for help (see below for details).

### How to stop COVID-19 spreading

There are things we can all do to help reduce the risk of you and anyone you live with getting ill with COVID-19:

- 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
- keep a regular flow of fresh air into indoor areas.

### Help, support and further information.

To help you comply with the requirement to self-isolate the County Durham Together Community Hub can provide access to essential supplies, financial support and emotional support as well as other services. Please visit [durham.gov.uk/covid19help](https://durham.gov.uk/covid19help) or call the Community Hub on 03000 260260 for further details.

There is also support available the coronavirus section via [durhamlocate.org.uk](https://durhamlocate.org.uk)

### Useful Websites

[www.gov.uk/coronavirus](https://www.gov.uk/coronavirus)

[www.nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

[www.durham.gov.uk/coronavirus](https://www.durham.gov.uk/coronavirus)

[www.durham.gov.uk/covid19help](https://www.durham.gov.uk/covid19help)

[www.durhamlocate.org.uk](https://www.durhamlocate.org.uk)

Yours sincerely

Mrs C Swales  
Head Teacher



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