

22/09/20

Assalamualaikum

Dear Parents,

Please read this letter carefully!!!!

Unfortunately, there is some misunderstanding concerning the Covid guidance, please read the following carefully.

Government Guidance

[Stay at home: guidance for households with possible or confirmed coronavirus \(COVID-19\) infection](#)

Symptoms

The most important symptoms of coronavirus (COVID-19) are recent onset of any of the following:

A new continuous cough

A high temperature

A loss of, or change in, your normal sense of taste or smell (anosmia)

For most people, COVID-19 will be a mild illness. However, if you have any of the symptoms above, stay at home and arrange to have a test to see if you have COVID-19 – go to testing to arrange.

Main messages

If you have symptoms of COVID-19 however mild, self-isolate for at least 10 days from when your symptoms started. You should arrange to have a test to see if you have COVID-19 – go to testing to arrange. Do not go to a GP surgery, pharmacy or hospital.

If you are not experiencing symptoms but have tested positive for COVID-19, self-isolate for at least 10 days, starting from the day the test was taken. If you develop symptoms during this isolation period, restart your 10-day isolation from the day you developed symptoms.

From 28 September, you could be fined if you do not stay at home and self-isolate following a positive test result for COVID-19 or if you are contacted by NHS Test and Trace and instructed to self-isolate.

After 10 days, if you still have a temperature you should continue to self-isolate and seek medical advice. You do not need to self-isolate after 10 days if you only have a cough or loss of sense of smell or taste, as these symptoms can last for several weeks after the infection has gone. See the ending isolation section below for more information.

If you live with others, all other household members need to 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 household became ill or if they do not have

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symptoms, from the day their test was taken. If anyone else in the household starts displaying symptoms, they need to stay at home for at least 10 days from when their symptoms appear, regardless of what day they are on in their original 14-day isolation period. The ending isolation section below has more information.

If you have symptoms, try and stay as far away from other members of your household as possible. It is especially important to stay away from anyone who is clinically vulnerable or clinically extremely vulnerable with whom you share a household.

Reduce the spread of infection in your home by washing your hands regularly for 20 seconds using soap and water, or use hand sanitiser, and cover coughs and sneezes.

Consider alerting people who you do not live with and have had close contact within the last 48 hours to let them know you have symptoms of COVID-19.

Following a positive test result, you will receive a request by text, email or phone to log into the NHS Test and Trace service website and provide information about recent close contacts.

If you feel you cannot cope with your symptoms at home, or your condition gets worse, then use the NHS 111 online COVID-19 service. If you do not have internet access, call NHS 111. For a medical emergency dial 999.

If you develop COVID-19 symptoms again at any point after ending your first period of isolation (self or household), follow the guidance on self-isolation again. The section below has further information.

Anyone with symptoms of COVID-19 needs to immediately self-isolate and arrange to have a test to see if they have COVID-19 - go to testing to arrange.

If you develop symptoms you may wish to alert the people who you do not live with and that you have had close contact with over the last 48 hours to let them know that you might have COVID-19 but are waiting for a test result. At this stage, those people should not self-isolate. Alerting those that you have been in contact with means they can take extra care in practising social distancing and good hand and respiratory hygiene. They can also be more alert to any symptoms they might develop.

People who have tested positive will receive a text, email or phone call requesting that they log into the NHS Test and Trace website to create a confidential account where they can record details about their recent close contacts. If you do not have access to the internet, then you will be phoned by a contact tracer working for the NHS Test and Trace service. The information you provide will be handled in strict confidence and will enable the NHS Test and Trace service to contact those people and provide them with advice on whether they should go into self-isolation. The people contacted will not be told your identity, but by alerting them when you first develop symptoms, you can help make sure that they are prepared for being contacted by the Test and Trace service.

#### Why staying at home is very important

It is very important that people with symptoms of or a positive COVID-19 test and their household members stay at home. Staying at home will help prevent the spread of the virus to family, friends, the wider community, and particularly those who are clinically extremely vulnerable.

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If you have symptoms of COVID-19 or a positive test, remain at home for at least 10 days after the onset of your symptoms (see ending self-isolation below). This will reduce the risk of you infecting others.

If you have symptoms of COVID-19 or a positive test, then you should avoid contact with other household members as much as possible.

Other members of your household, including those who do not have any symptoms, need to stay at home and not leave the house for 14 days. Do not go out even to buy food or other essentials, and any exercise should be taken within your home. This 14-day period starts from the day when the first person in your house became ill or if they do not have symptoms, from the day their test was taken. There is more information in the ending self-isolation section below.

Staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community.

Please read the following document

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

May Allah give us wisdom and guidance.

Kazi Hussain

Head

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