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Ysgol Tregŵyr
Gowerton
School



Date: 11/7/21

Dear Parent or Carer,

Re: Contact of confirmed case of COVID-19 in YEAR 8

NHS Wales Test, Trace, Protect trace everyone who have been in contact with a person who has tested positive for COVID-19 (Coronavirus).

YEAR 8

Your **Year 8 child** has been identified as a **contact of a confirmed case of COVID-19** and will now need to **self-isolate for 10 days from 9th July 2021** (the last contact they had with the case). By identifying contacts and asking them to self-isolate for 10 days, we will reduce the possible spread of COVID-19 from contacts to their family, friends and the wider community.

Self-isolation advice **requires your child to stay at home**, not to go outdoors to exercise, to visit shops, family or friends, or to other public spaces. Please do not invite people to your house. Further information on self-isolation can be found in the link at the bottom of this letter.

If your child remains well then the other members of the household do not need to isolate and can continue with their normal activities. If your child is still well, **they can return to their usual activities on Tuesday 20th July.**

Year 8 will be able to access their lessons through Microsoft Teams next week. They should follow their normal timetable (Week 2). If your child needs to borrow a school Chromebook, please contact us at the school.

Additional resources can also be found on the Swansea Virtual School, accessed here:
<https://swanseavirtualschool.org/>

PUPILS IN OTHER YEAR GROUPS

Pupils Years 7, 9, 10 and 12 do not need to self-isolate and should attend school as normal. There are NO buses affected.

To reduce the risk of COVID-19 spreading, there are things that everyone in your family can do to help. These include:

- washing hands with soap and water often – do this for at least 20 seconds
- using hand sanitiser gel if soap and water are not available
- washing hands as soon as they get home

Headteacher - Mr. N. Jones M(Ed.) - **Prifathro**

- covering their mouth and nose with a tissue or sleeve (not their hands) when they cough or sneeze
- putting used tissues in the bin immediately and washing hands afterwards
- continuing to follow Government guidelines to avoid the spread of the virus

Please be **alert for symptoms of COVID-19 in your child**, which are:

- A new or continuous cough
- A high temperature (37.8°C or over)
- A loss of or change to sense of smell or taste

If your child develops any of these symptoms, even if they are mild:

- Book a test for them by phoning 01639 862757 or 119 or through the online portal: <https://www.nhs.uk/ask-for-a-coronavirus-test>
- Inform **Gowerton Comprehensive School** that they are unwell with COVID-19 symptoms and that you have requested a test
- Your child should remain in self-isolation
- All other household members should isolate for 10 days from when your child developed symptoms
- Do not visit a GP surgery, pharmacy or hospital but if you require medical advice please contact NHS 111 or telephone your GP; if there is a medical emergency phone 999
- If you require medical advice for COVID-19 symptoms or another reason, please inform the healthcare worker that your child is a contact of a case of COVID-19 and in self-isolation
- Please follow the advice provided when your child receives their test result

If your child does not have symptoms:

If your child has not tested positive in the last 90 days and has been identified as a contact of a positive case, they are advised to take two PCR tests. You can arrange this by phoning 01639 862757. The PCR tests should be carried out on day 1 of their isolation (or as near to the start of isolation as possible) and also 2 days before the end of self-isolation (day 8). This is because symptoms may still develop within this time period and it is still possible to infect other people with the virus.

If the test is positive you will be contacted by TTP again to make sure your child and household have support to self-isolate.

The 10-day period of self-isolation cannot be reduced by having a test. If your child has a test and it is negative, they must continue to self-isolate until the end of their isolation period as a contact of a confirmed case.

Further formation on Test, Trace, Protect can be found here <https://gov.wales/test-trace-protect-coronavirus>

Further information on symptoms and self-isolation can be found here <https://gov.wales/symptoms-and-self-isolation-contact-tracing>

For general information on COVID-19 <https://gov.wales/protect-yourself-others-coronavirus>

The COVID-19 online symptom checker can tell you if you need medical help and advise you what to do <https://gov.wales/check-if-you-need-coronavirus-medical-help>

If you have been notified by the NHS or public health authorities and are asked to self-isolate as a contact with someone who has tested positive for coronavirus, your notification is proof to your employer. You may also be entitled to Statutory Sick Pay (SSP). For eligibility please check <https://www.gov.uk/statutory-sick-pay/eligibility>

If you are on low income or facing financial hardship as a result of having to self-isolate, you can apply for a Welsh Government funded payment via www.swansea.gov.uk/isolationpayment

Advice and guidance to help you cope with isolation can be found at www.swansea.gov.uk/coronavirushelp

Yours faithfully

A handwritten signature in black ink, appearing to read 'Mr N Jones', written over a horizontal line.

Mr N Jones
Headteacher