YSGOL GYNRADD BLAENGWRACH PRIMARY SCHOOL

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Head Teacher: Mrs Samantha Sharp ALCM, BA (Hons) NPQH
School Admin: Mrs Karen Thomas

8th December 2020

Dear Staff Member

Re: Contact of confirmed case of COVID-19 in Blaengwrach Primary School

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

You have been identified as **a contact of a confirmed case of COVID-19** and will now need to **self-isolate for 14 days from 4th December 2020.** By identifying contacts and asking them to self-isolate for 14 days, we will reduce the possible spread of COVID-19 from those contacts to their family, friends and the wider community.

Self-isolation advice **requires you 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 you remain well then the other members of your household do not need to isolate and can continue with their normal activities. If you are still well at the end of the 14-day period of self-isolation, you can return to your usual activities on **18th December 2020.**

This 14-day period of self-isolation cannot be reduced by having a test. A test is only for people who develop symptoms of COVID-19.

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
- 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

Please be **alert for symptoms of COVID-19,** which are:
- A new or continuous cough
- A high temperature
- A loss of or change to sense of smell or taste

If you develop any of these symptoms, even if they are mild:
- Book a test by phoning 01639 862757 or 119 or through the online portal: https://www.nhs.uk/ask-for-a-coronavirus-test
- Inform **Blaengwrach Primary School** that you are unwell with COVID-19 symptoms and that you have requested a test
- Continue to self-isolate
- Whilst the test result is awaited, all household members should self-isolate for 14 days from when you 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 you are a contact of a case of COVID-19 and in self-isolation
- Please follow the advice provided when you receive your test result

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

With best wishes

Sam Sharp