



Ysgol Bae Baglan

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NHS Wales
Test, Trace, Protect
#keepSwanseaAndNPTsafe

Profi, Olrhain, Diogelu
GIG Cymru
#CadwAbertaweacnPTynDdiogel

Date: 13/07/21

Dear Parent or Carer of Year 7 pupil,

Re: Contact of confirmed case of COVID-19 in Ysgol Bae Baglan, Year 7.

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

Your 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 08/07/21**. By identifying contacts and asking them to self-isolate for 10 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 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, the other members of the household do not need to isolate and can continue with their normal activities. If your child is still well at the end of the calculated 10-day period of self-isolation, they can return to **Ysgol Bae Baglan School** and their other usual activities on **18/07/21**.

This 10-day period of self-isolation cannot be reduced by having a test. If you have a test and test negative, you must continue to self-isolate until the end of your isolation period as a contact of a confirmed case.

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 in your child**, which are:

- A new or continuous cough
- A high temperature
- A loss of or change to sense of smell or taste

Additionally, atypical covid symptoms to be aware of are: runny nose/cold like symptoms, diarrhoea/sickness, loss of appetite, fatigue, sore throat and back pain/general aches and pains.

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

- Book a test for them by phoning 01639 862757 or through the online portal: <https://www.nhs.uk/ask-for-a-coronavirus-test>
- Inform **Ysgol Bae Baglan 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 10days 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, your child is advised to get a PCR test (day 1 of isolation) and another PCR test 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 PCR test is positive you will be contacted by TTP again to make sure your child and household have support to self-isolate.

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,



Mr R Rees