

Evenlode Primary School

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'Always being our best, for ourselves and for each other'

Date: Monday 13th December 2021

Re: Covid 19 and guidance

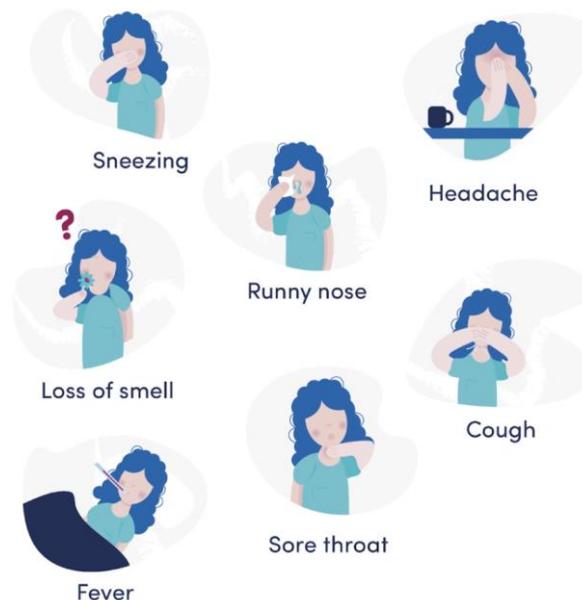
Dear Parents and Carers,

We have pockets of Covid 19 cases across school, and we have sent 'warn and inform' letters to those year groups. We currently have cases in Reception, Year Three and Year Six. As you will be aware, the current process is to send a 'Warn and Inform' letter when we are informed by Parents of any confirmed cases. Thank you for your swift communications when informing us of any confirmed cases.

The ZOE Covid Study: <https://covid.joinzoe.com/post/what-are-the-symptoms-of-covid> 'Our research shows there's more to COVID than the three classic symptoms, but many people remain unaware of all the symptoms we should be looking out for. This leaves people at risk of wrongly believing they have a cold, when in fact they could have COVID. The most powerful thing we can do to prevent the spread of COVID is to know how to recognise its symptoms, so we can stay at home and stop the spread.'

Be clear on COVID

The most important symptoms we all need to know!



As we are in the last week of term before the Christmas break, we have listed the current Welsh Government guidance as it stands. We will, of course, send out any additional/ further guidance if we receive any.

[Self-isolation | GOV.WALES](#)

- GUIDANCE
- Self-isolation
- What you should do if you have COVID-19 symptoms, have tested positive, or have been in contact with somebody who has COVID-19.

Close contacts

A close contact is anyone who has had any of the following types of contact with someone who has tested positive for COVID-19:

- face-to-face contact including being coughed on or having a conversation within 1 metre
- skin-to-skin physical contact for any length of time
- contact within 1 metre for one minute or longer without face-to-face contact
- contact within 2 metres of someone for more than 15 minutes (either as a one-off contact, or added up together over 1 day)
- travelled in the same vehicle or a plane

If you are a close contact, self-isolation and testing requirements will depend on a number of factors. This includes your vaccination status, your age, your occupation and if someone in your household has tested positive or has symptoms of COVID-19.

Unvaccinated adults

If you are aged 18 and over, and not fully vaccinated, you must self-isolate from the day you were last in contact with the person who tested positive for COVID-19 and for the next 10 days. You should also take a PCR test on day 2 and day 8. It is important that you take the tests even if you feel well as you may have COVID-19 even if you do not have symptoms. Even if these tests are negative, you should complete the isolation period. This is because if you have been infected, it can take time for symptoms to develop or to become infectious to others. If you are not able to be vaccinated for a clinical reason, you must self-isolate for 10 days, even if you get a negative PCR or lateral flow test result.

Omicron variant

If you are a close contact of someone who is confirmed or suspected to have the Omicron variant, you must self-isolate from the day you were last in contact with the person who tested positive and for the next 10 days, regardless of your vaccination status or age. Contact tracers will let you know if your contact is a confirmed or suspected case of the Omicron variant.

You should also take a PCR test on day 2 and day 8. It is important that you take the tests even if you feel well as you may have COVID-19 even if you do not have symptoms. Even if these tests are negative, you must complete the isolation period. This is because if you have been infected, it can take time for symptoms to develop or to become infectious to others. If the variant is suspected, you must isolate until it has been confirmed that the person who has tested positive does not have an Omicron variant. Once that happens Test, Trace, Protect service will contact you and advise on what to do next. This may mean you can leave self-isolation but it will depend on your age, vaccination status and nature of the contact.

Fully vaccinated adults and young people aged between 5 and 17

If you are a fully vaccinated adult, or a young person aged between 5 and 17, and you have not been identified as a close contact of a suspected or confirmed Omicron case, self-isolation and testing requirements will depend on whether someone in your household has symptoms or has tested positive.

Fully vaccinated in this context means:

- you have been vaccinated with a Medicines & Healthcare products Regulatory Agency (MHRA) approved COVID-19 vaccine in the UK
- at least 14 days have passed since you received the recommended doses of the vaccine

You do not need to have received a booster vaccination to be considered fully vaccinated.

If someone in your household has symptoms or has tested positive

If you live or spend a significant amount of time in the same household as someone who has symptoms you should self-isolate and take a test as quickly as possible. If that person has tested positive, you should self-isolate and should take a PCR test as quickly as possible.

If your test is negative you can stop isolating but you should remain vigilant for new symptoms. You should try to avoid contact with vulnerable family and friends in the short-term (for example elderly relatives or those who are higher risk of severe COVID-19 infection).

If you are a close contact of someone from outside of your household

If you have been in close contact with someone who tests positive for COVID-19 and you do not live or spend a significant amount of time in the same household as that person, you do not need to self-isolate unless you have symptoms. You should take a PCR test on day 2 and day 8. It is important that you take these tests even if you feel well as you may have COVID-19 even if you do not have symptoms.

If your test is negative, you should remain vigilant for new symptoms, and try to avoid contact with vulnerable family and friends in the short-term (for example elderly relatives or those who are at higher risk of severe COVID-19 infection).

Children under the age of 5

Unless identified as a close contact of a suspected or confirmed Omicron case, children under the age of 5 do not need to take a PCR or a lateral flow test, even if they have COVID-19 symptoms, unless advised by a doctor or if a parent believes a test is absolutely necessary and in the best interests of a child.

If they do have symptoms or if they have been a close contact of a positive case in their household or elsewhere, they do not need to complete any mandatory period of self-isolation. However, they should stay home until they are well enough to return to school or childcare settings.

If a child under 5 has symptoms, other household members do not need to isolate unless the child takes a test and has a positive result. If a child does take a test and the result is positive, then the child must also self-isolate for 10 days.

Thank you for your support as always, with following our requests for wearing masks on site and also with very swift communication if there are confirmed cases.

Take care.

Yours sincerely,

Ruth Foster

Ruth Foster

Headteacher/Pennaeth

Ysgol Gynradd **Evenlode** Primary School