



VALENCE PRIMARY SCHOOL

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Dear Parents in Sapphire class (St. George's)

We have been informed that there has been a confirmed case (pupil) of COVID-19 in Sapphire class. We know that you may find this concerning, but we are continuing to monitor the situation and are working closely with the Health Protection team. Please be reassured that for most people, coronavirus (COVID-19) will be a mild illness.

The class remains open, and your child should continue to attend as normal, if they remain well.

What to do if your child develops symptoms of coronavirus (COVID-19) or tests positive for COVID-19?

If your child develops symptoms of coronavirus (COVID-19), they should get a PCR test and remain at home at least until the result is known. If negative, the child can end self-isolation; if positive, the child should isolate until at least 10 days after their symptoms appeared.

[Get a free PCR test to check if you have coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](#) or by calling 119.

NHS Test and Trace will contact you to let you know that you have been identified as a contact and check whether you are legally required to self-isolate. If you are not legally required to self-isolate, you will be provided with advice on testing and given guidance on preventing the spread of COVID-19. Even if you do not have symptoms, [you will be advised to have a PCR test as soon as possible](#).

How to stop coronavirus (COVID-19) spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus:

- get vaccinated – everyone aged 18 and over can [book COVID-19 vaccination appointments](#) now
- wash your hands with soap and water or use hand sanitiser regularly throughout the day
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- meet people outside and avoid crowded areas
- open doors and windows to let in fresh air if meeting people inside
- wear a face covering when it's hard to stay away from other people
- participate in twice weekly LFD testing following national guidelines (recommended for 11 years and over).

Further Information

Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Kind regards
Mr November