



**20.11.20**

## **Letter to parents & carers:**

**Your child is NOT being asked to self-isolate and can continue to come to school as usual.**

Dear Parent / Carer,

We have been informed that an individual at our school has tested positive for COVID-19. We would like to reassure you that there is no immediate cause for concern and want to provide you with as much information as possible.

We are working closely with Pembrokeshire County Council and NHS Wales Test, Trace, Protect (TTP), and are following all the advice and guidance provided to us.

Staff members / pupils identified as close contacts, have been / will be contacted by the TTP Team and requested to self-isolate for a period of 14 days as a precautionary measure.

This process of testing and contact tracing is part of the 'new normal' and where schools follow these guidelines carefully, there is no cause for alarm.

We would like to take this opportunity to remind you that if you, your child or anyone you live with, begins to display the following symptoms you must all stay at home and follow advice from Public Health Wales:

- A new continuous cough and/or
- A high temperature
- A loss of or change in your normal sense of taste or smell.

Hywel Dda University Health Board recommends testing only for those with a new continuous cough, a high temperature, or loss of or change in the sense of taste or smell.

If a child does not have symptoms of COVID-19 but has other cold-like symptoms, such as a runny nose, they do not need to be tested and they and you do not need to self-isolate. Your child can go to school if fit to do so.

If a COVID-19 test is required, this should be arranged via the UK Booking Portal, <https://gov.wales/apply-coronavirus-test> or by ringing 119. Testing is available within Carmarthenshire, Ceredigion and Pembrokeshire or via a home testing kit delivered

to and collected from your home. The COVID-19 test is undertaken via a throat swab or combined throat and nose swab.

If you or your child feels unwell and you need medical advice, please phone NHS 111 or visit their website [111.wales.nhs.uk](http://111.wales.nhs.uk), or call your local GP.

It is important that we all remain vigilant and maintain social distancing and continue to wash our hands frequently and practice good respiratory hygiene to prevent the spread of the virus as much as we can.

We hope that the information we've provided is reassuring and helpful during what we appreciate can be an anxious time. As always, we appreciate your continued support. If you have any questions, please do not hesitate to get in touch.

Regards,

Ms CA Morris

Headteacher



## **COVID-19 CASE CONFIRMED-**

### **Information from Pembrokeshire County Council**

A case of COVID19 has been confirmed in Milford Haven School. As a precautionary measure a small number of pupils in Year 10 are being asked to stay home and self-isolate as outlined below.

Contacts of the individual concerned have been asked to self-isolate for 14 days. **Parents and carers do not need to contact the school to find out if their child has been affected.**

Pembrokeshire County Council, Public Health Wales and Hywel Dda University Health Board are working with the school to ensure that all possible precautionary measures are being taken to minimise risk of transmission of the virus.

### **Parents/guardians have been given the following advice by Hywel Dda University Health Board:**

If a child/parent/household member develops symptoms of COVID-19, **the entire household should immediately self-isolate, and book a test for the individual with the symptoms.** It is unnecessary to test the entire household if they are not symptomatic.

The COVID-19 symptoms are:

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

### ***Booking a COVID-19 test:***

Hywel Dda University Health Board recommends testing only for those with a new continuous cough, a high temperature, or loss of or change in the sense of taste or smell.

If a child does not have symptoms of COVID-19 but has other cold-like symptoms, such as a runny nose, they do not need to be tested and they and you do not need to self-isolate. Your child can go to school if fit to do so.

If a COVID-19 test is required, this should be arranged via the UK Booking Portal, <https://gov.wales/apply-coronavirus-test> or by ringing 119. Testing is available within Carmarthenshire, Ceredigion and Pembrokeshire or via a home testing kit delivered to and collected from your home. The COVID-19 test is undertaken via a throat swab or combined throat and nose swab.

### ***Self-isolation:***

It is essential that people who have COVID-19 symptoms, or who share a household with someone who has symptoms, must self-isolate, even if your symptoms are mild. To protect others, you must not attend school, nursery, other childcare settings, work, or go to or to places like a GP surgery, pharmacy or hospital.

Anyone with symptoms must self-isolate for 10 days from when their symptoms started. They can return to school or work after 10 days if they are well enough to do so. A pupil must remain fever free for at least 48 hrs.

Anyone in the household who does not have symptoms must self-isolate for 14 days from when the first person in the home started having symptoms.

If a parent thinks their child has symptoms BUT chooses not to put them through a test all household members must remain in self-isolation for 14 days from the onset of symptoms.

If you receive a positive test result, you will be contacted by the Test, Trace, Protect Team who will advise you further.

***Non-household members/contacts:***

If a person has been in contact with an individual experiencing symptoms, they should carry on as normal until that individual receives their test result. If this is positive, the Test, Trace, Protect Team will contact those people identified as contacts and advise accordingly.