



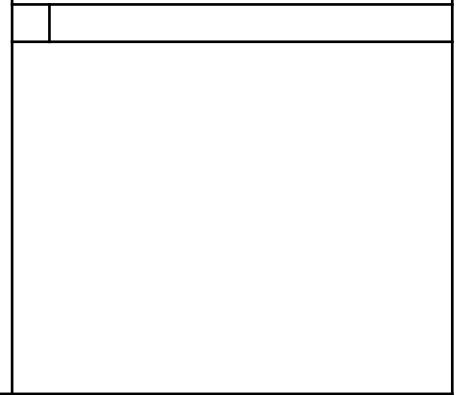
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Health Board

Pembrokeshire County Council  
Cyngor Sir Benfro



**Gofynnwch am/Please ask for: Duty  
Environmental Health Officer  
Rhif Ffôn /Telephone: 01437-775694  
Ebost/Email: communicabledisease@  
pembrokeshire.gov.uk  
Dyddiad/Date: 30.6.21**



Dear Parent or Carer,

**Re: Contact of confirmed case of COVID-19 in Milford Haven School**

NHS Wales Test, Trace, Protect trace everyone who has 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 need to **self-isolate for 10 days from 30.6.21 to 9.7.21. They can return to school on Monday July 12th 2021.**

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** and not to leave home to exercise, or to visit shops, other public spaces or family or friends. 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.

Swyddfeydd Corfforaethol, Adeilad Ystwyth  
Hafan Derwen, Parc Dewi Sant, Heol Ffynnon Job  
Caerfyrddin, Sir Gaerfyrddin, SA31 3BB

Corporate Offices, Ystwyth Building  
Hafan Derwen, St Davids Park, Job's Well Road,  
Carmarthen, Carmarthenshire, SA31 3BB

Cyngor Sir Benfro, Neuadd y Sir,  
Hwlfordd, Sir Benfro, SA61 1TP

Pembrokeshire County Council,  
County Hall, Haverfordwest,  
Pembrokeshire SA61 1TP



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In addition to self-isolating, Welsh Government has extended the offer of a COVID-19 test to anyone who has been in contact with a confirmed case. It is advised that a test is taken as soon as possible at the start of their self-isolation period, and again on day 8. Please see details on how to access testing below.

If your child is already participating in the school's routine testing programme for COVID-19 disease, using lateral flow devices, you may still take a PCR test if you choose.

Please note that your child must continue to self-isolate for the full 10 days even if they take a test and this is negative.

If your child remains well then 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 10 day period of self-isolation, they can return to their other usual activities.

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

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We would like to take this opportunity to remind you that if you, your child or anyone you live with, begins to display any of the following symptoms most commonly associated with COVID-19 disease:

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

you must all stay at home, follow advice from Public Health Wales and anyone with symptoms should arrange a COVID-19 test via the UK Booking Portal, <https://gov.wales/apply-coronavirus-test> or by ringing 119.

Hywel Dda University Health Board is also extending the offer of a test to anyone with flu-like symptoms, or generally feeling unwell and recently a history of being in contact with a known COVID-19 case.

The linked article

<https://hduhb.nhs.wales/news/press-releases/covid-19-tests-now-being-encouraged-for-people-in-the-hywel-dda-region-with-a-wider-range-of-symptoms/> provides further details.

This broader approach to testing might identify infections, which could otherwise go undetected, and is particularly important as new variants of the virus emerge. Anyone exhibiting any of these wider symptoms should personally stay at home until the result of their test is known.

Please report any occurrence of any relevant illness to us by e-mailing [education.coronavirus@pembrokeshire.gov.uk](mailto:education.coronavirus@pembrokeshire.gov.uk) who will notify the school on your behalf and that you have requested a test.

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.

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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.

**Please ensure your child continues to access their learning if they are well enough to do so, work will be made available via Google Classroom. If you experience any problems accessing work then please contact us at the school.**

If you, your family or household require support during this period of self-isolation you can contact the (Community Hub operated by Pembrokeshire County Council. Information is available at:

**<https://www.pembrokeshire.gov.uk/coronavirus-covid-19-community-information/i-need-some-help>** or you can call 01437 776301 from 9-5 Monday to Friday. The Community Hub offers services such as help with shopping, collecting medication or other supplies, dog walking, or if you just need a friendly voice on the other end of the telephone. Please ensure that if support is requested the Community Hub and their volunteer partners are aware of individuals who are self-isolating, please follow the guidance on self-isolation and do not invite anyone providing you with support into your home during the self-isolation period).

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>

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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>

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.

Yours sincerely

Consultant in Public Health.

Ms CA Morris- Headteacher

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