

ST HUGH'S SCHOOL



Learn • Believe • Achieve • Together

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Head Teacher: Tracy Millard

22<sup>nd</sup> September 2020

Dear Parents/carers

As we move forward through these uncertain times we recognise that students, parents and carers might be confronted with lots of conflicting information and advice.

We have put together some basic advice taken from the NHS website to try and help you and the school navigate together through different scenarios.

		Actions
<b>When to self-isolate</b>	If you have any of the following symptoms:- <ul style="list-style-type: none"> <li>• High temperature of 37.8 or above within the last few days (this could be off and on)</li> <li>• A new continuous dry cough for example 3 coughing episodes within 24 hours or coughing a lot for more than an hour. If you usually have a cough it may be worse than usual.</li> <li>• Loss or change of taste or smell</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do</b> notify school/work</li> <li>• <b>Do not</b> go to work, school or public places – work from home if you can.</li> <li>• <b>Do not</b> go on public transport or use taxis.</li> <li>• <b>Do not</b> go out to get food or medicine –order it online or by phone, or ask someone to bring it to your home.</li> <li>• <b>Do not</b> have visitors in your home, including friends and family- except for people providing essential care.</li> <li>• <b>Do not</b> go out to exercise.</li> <li>• <b>Do</b> exercise at home or in your garden, if you have one.</li> </ul>
	You've tested positive for coronavirus	
	You live with someone who has symptoms or has tested positive with coronavirus	
	Someone in your support bubble has coronavirus (someone who lives alone or alone with just children who can meet your household <b>only</b> )	



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	<p>You are told to self-isolate by NHS Test and Trace</p> <p>You arrive in the country from a country with a high coronavirus risk (see GOV.UK)</p>	
		<b>Actions</b>
<b>How long to self-isolate</b>	<p>If you have symptoms or have tested positive for coronavirus, you'll usually need to self-isolate for at least <b>10 days</b>.</p> <p>Someone you live with has symptoms or tested positive – <b>14 days</b></p> <p>Someone in your support bubble has symptoms or tested positive <b>14 days</b></p> <p>You've been told to self-isolate by NHS Test and Trace <b>14 days</b></p>	<ul style="list-style-type: none"> <li>• <b>Do</b> notify school/work</li> <li>• <b>Do not</b> go to work, school or public places – work from home if you can.</li> <li>• <b>Do not</b> go on public transport or use taxis.</li> <li>• <b>Do not</b> go out to get food or medicine –order it online or by phone, or ask someone to bring it to your home.</li> <li>• <b>Do not</b> have visitors in your home, including friends and family- except for people providing essential care.</li> <li>• <b>Do not</b> go out to exercise.</li> <li>• <b>Do</b> exercise at home or in your garden, if you have one.</li> </ul>
		<b>Actions</b>
<b>When to get a test</b>	<p>Get a test as soon as possible if you have any symptoms of coronavirus.</p> <p>You have:-</p> <ul style="list-style-type: none"> <li>• A high temperature of 37.8 or above within the last few days (this could be off and on)</li> <li>• A new continuous dry cough for example 3 coughing episodes within</li> </ul>	<ul style="list-style-type: none"> <li>• The test <b>does</b> need to be done in the first 5 days of having symptoms.</li> <li>• You <b>do not</b> need to get a test if you have no symptoms or if you have different symptoms.</li> </ul>



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	<p>24 hours or coughing a lot for more than an hour. If you usually have a cough it may be worse than usual.</p> <ul style="list-style-type: none"> <li>• A loss or change to your sense of smell or taste</li> </ul>	
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**If your child is sent home having been in close contact with a peer or teaching staff who have received a positive test result, household members of those children who are sent home do not need to self-isolate themselves unless the child, young person who is self-isolating subsequently develops symptoms, further guidance for households will be sent home at that time.**

We realise these are confusing times, if you have any concerns around your child or family member's symptoms, please contact NHS 119 or go to the NHS website. The school are only able to update you with above guidance but will as always be available and contactable for any concerns.

Kind regards

*T. J. Millard*

Tracy Millard  
 Head Teacher



Artsmark Silver Award  
 Awarded by Arts Council England

