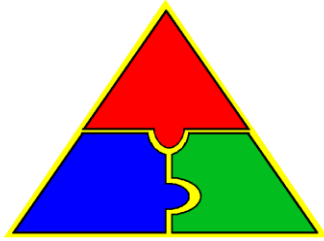


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***Challenge, Inspire and Achieve together***

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### **COVID-19 information**

Please be **alert for symptoms of COVID-19**, which are:

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

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>

If you or a member of your household develop any of these symptoms the whole household must isolate and arrange a test for the symptomatic person.

If the symptomatic person tests **positive** for COVID-19, the whole household must isolate for 10 days. The rest of the household only need to get tested if they develop any symptoms.

If the symptomatic person has a **negative** COVID-19 result the whole household can stop isolating and can continue with their normal activities.

If a household member is **advised to self-isolate by NHS Wales Test, Trace, Protect** due to a contact with a person who has tested positive for COVID-19 they must stay at home. As long as the isolating family member does not display any symptoms the rest of the household do not need to isolate and can continue with their normal activities. If the isolating person is still well at the end of the period of self-isolation, they can return to usual activities unless they are informed otherwise.

If you are self-isolating, advice **requires you to stay at home**, not to go outdoors to exercise, to visit shops, family or friends, or to other public spaces. You should not invite people to your house.

Further information on symptoms and self-isolation can be found here <https://gov.wales/symptoms-and-self-isolation-contact-tracing>

**Please inform school of any of the above.**

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