



# WARRINGTON

## Borough Council

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Dear Parent/Carer

You have been given this letter as someone in the school/setting has tested positive for Covid-19. Your child has **not** been identified as a close contact but we are asking you to be extra careful and monitor your child and your family's health, looking out for any new symptoms.

### **What symptoms should I be concerned about?**

You should look for any of the following symptoms:

- new continuous cough
- fever (a temperature of 37.8°C or higher)
- loss of, or change in, normal sense of taste or smell (anosmia)

### **If you develop these symptoms, however mild, at any point**

Stay at home from the day your symptoms develop and at least the next 10 full days as advised in:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-people-with-confirmed-or-possible-coronavirus-covid-19-infection>

And book a free test at [www.nhs.uk/ask-for-a-coronavirus-test-or-by-calling-119](http://www.nhs.uk/ask-for-a-coronavirus-test-or-by-calling-119).

At this point, all other household members (even if they remain well) must stay at home and not leave the house for 10 days. The 10-day period starts from the day when the first person in the house became ill. Household members should not go to work, school, or public areas and exercise should be taken within the home.

At the end of this time, if you feel well and your temperature is not high, you can safely return to your education setting or work place.

If you are able, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period.

### **How to stop COVID-19 spreading**

There are things you can do to help reduce the risk of you and anyone you live with getting ill with COVID-19

- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands as soon as you get home
- 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

### **Wider Symptoms**

We know there are a wider set of symptoms which people have also been testing positive with.

They include:

- Diarrhoea
- A persistent headache
- Fever and chills
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Sore throat
- Congestion or runny nose
- Nausea or vomiting

If you have any of these wider symptoms, you should get a test at one of Warrington's symptoms-only testing sites and then self-isolate if your result is positive. The test booking system will ask why you are booking a test. When you book a test for any of these wider symptoms, you should choose the 'you've been asked to get a test by a local council' option.

### **If you need to seek medical advice**

Seek prompt medical attention if your illness is worsening. If it's not an emergency, contact [NHS 111 online](#).

If you have no internet access, you should call NHS 111.

If it is an emergency and you need to call an ambulance, dial 999 and inform the call handler or operator that you have coronavirus (COVID-19).

I hope you keep safe and well and I thank you for supporting the battle against COVID 19 in Warrington.

Yours sincerely

Handwritten signature of Thara Raj in black ink.

**Thara Raj**  
**Director of Public Health**

Handwritten signature of Paula Worthington in black ink.

**Paula Worthington**  
**Director, Education, Early Help & SEND**