

September 2021

Dear Parent / Carer,

I am writing to inform you that there has been a confirmed case of COVID-19 in your child's early year's setting. Following a brief assessment, your child's setting believes your child might have been a close contact with the case during the infectious period. We have asked them to share this information with you.

NHS Test and Trace will separately be in direct contact with the families of those children that are formally assessed as being in close contact with the case during the infectious period. They will give detailed specific advice of recommended actions for these close contacts.

In the meantime please remember that whilst there is **no longer a requirement for anyone under the age of 18 to self-isolate if they are a close contact**, there are still important steps we can all continue to take.

These steps will help prevent further spread of the virus and protect others, and include:

- Keeping a close watch for the development of symptoms. Anyone who develops any of the main three symptoms of COVID-19 should self-isolate immediately, and arrange for a PCR test. **It is a legal requirement for anyone of any age with COVID-19 symptoms, or a positive test result, to self-isolate for 10 days.** The three main symptoms remain:
  - A high temperature
  - A new, continuous cough
  - A loss or change in sense of smell or taste

This is required even when there is a strong alternative possibility for the symptoms (e.g. teething).

- Limiting social contact outside of the early years setting as much as possible in the next 10 days, particularly with any vulnerable people.
- Maintaining high standards of hand hygiene at all times.
- All people in your household above the age of 11 taking twice weekly rapid tests at home or at a community test centre. More information is available at the following link <https://www.walthamforest.gov.uk/content/stay-safe-test-regularly>

It is very important that you continue to inform your child's early years setting of any positive test results so that they can ensure all necessary steps are taken to keep everyone in the community safe.

For further information on COVID-19 please visit:

<https://www.walthamforest.gov.uk/service-categories/covid-19>  
<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Yours faithfully

**Public Health Team**  
**Waltham Forest**