

March 2022

Dear Parent / Carer,

I am writing to inform you that there has been a confirmed case of COVID-19 in your child's early years setting. It is likely that your child was in close contact with the case during the infectious period.

While there is no longer a requirement for contacts to self-isolate, there are still important steps your child can 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 symptoms of COVID-19 should self-isolate and arrange a PCR test as soon as possible (unless they have already taken an LFD test and the result was positive). PCR tests are available at Waltham Forest's [local PCR testing sites](#), or you can [order a PCR test](#) online. They are advised to stay at home and avoid contact with other people while they are waiting for the test result.
- Children who test positive for COVID-19 should self-isolate and should not come into the early years setting. They can take an LFD test from 5 days after their symptoms started (or 5 days from the day their test was taken if they did not have symptoms) followed by another LFD test the next day. If both these test results are negative, they should return to the setting, as long as they feel well enough to do so and do not have a temperature. Otherwise, they should continue to isolate until they have 2 days of negative tests, or have completed 10 days of isolation, whichever comes first.
- Limiting social contact as much as possible, particularly with any vulnerable people.
- Maintaining high standards of hand hygiene at all times.

It is very important that you continue to inform the 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/covid-19>

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Yours faithfully

Public Health Team
Waltham Forest