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Dear Parent/Carer

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Self-Isolation Current advice which can be found on the NHS website:

<https://www.nhs.uk/conditions/coronavirus-covid-19/> states that people should stay at home for 7 days if you have coronavirus symptoms, either:

- a high temperature – you feel hot to touch on your chest or back
- a new continuous cough – this means you have started coughing repeatedly

Do not go to a GP surgery, pharmacy or hospital. You do not need to contact 111 to tell them you're staying at home. Testing for coronavirus is **not** needed if you're staying at home.

If you/your family need to self-isolate the advice is:

DO:

- try to keep at least 2 meters from other people in your home, particularly older people or those with long term health conditions
- ask friends/family/delivery services to deliver things like food, shopping and medicines – but avoid contact with them
- sleep alone if possible
- regularly wash your hands with soap and warm water for at least 20 seconds
- try to stay away from older people and those with long-term health conditions
- drink plenty of water and take everyday painkillers, such as paracetamol and ibuprofen, to help with your symptoms.

DON'T

- do not have visitors (ask people to leave deliveries outside)
- do not leave the house, for example to go for a walk, to school or public places

The Centre remains open until the point that we are directed to close either by the Department for Education or the Government but it is likely that some staff members may need to be absent from work due to the self-isolation requirements that have been imposed. This may mean that we

need to move your child around the Centre to ensure their needs are met or we may have staff from other areas of the school supporting them.

We are doing all we can to ensure that everyone is being kept safe and supported. Our hand washing regime continues and door handles, light switches and other high contact areas are being regularly disinfected. We are also wiping down toys and equipment regularly throughout the day and at the end of each session.

Hand washing demonstrations are being done in a fun way to show the children the importance of hand washing. We have stopped all baking and tasting activities, circle time objects and artefact sharing, playdough and touching activities such as PE & peer hand massage for the time being.

If you or your family are self-isolating or your children are not attending the Centre because of Covid-19, please can you let the office know so we can update our attendance registers accordingly.

It is our intention to continue to invoice for fees for wraparound care and Waterside Daycare as usual. If you have decided to self-isolate or keep your children off as a precaution then our usual sickness policy regarding fees apply. In the event of a decision to close from Central Government this will be reviewed and you will be advised accordingly.

If, as a family, you find yourself in financial difficulties due to a reduction in your income due to Covid-19, please let Katarina, Helen or Lisa know so we can take appropriate action.

This is a fast moving situation and we will update you again as necessary. Please be assured we are doing our best to protect The Norcot Early Years Centre community.

Yours sincerely



Katarina Bingham
Head of centre