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Dear Parents/ Carers

POSITIVE CASES IN TWO CHILDREN

We have been made aware that two children (siblings) at our Centre have tested positive for COVID-19. Both children are based in Waterside.

The child number one has not attended the Centre since 9th March 2021 and has displayed symptoms such as a mild temperature, feeling sick and having a 'funny' tummy.

The child number two has not attended the Centre since 11th March 2021 and displays no symptoms.

Our thoughts are with the children and their family and we wish them all a speedy recovery.

As both children have not attended the Centre for the past 48 hours; therefore, NO close contact has been identified with any children or staff across the Centre.

I am very grateful to all the parents, families and the staff for following the government guidance and our Risk Assessment and self-isolate when they experience symptoms or their member of the household test positive. It is vital that parents/carers do not send their child into the Centre when they show any signs of Covid-19 and book for PCR test.

About 1 in 3 people with coronavirus do not have symptoms but can still pass it on to others. Regular testing of people without symptoms is important to help stop the virus spreading and protect your loved ones. As lockdown restrictions gradually ease we all need to play our part to help protect each other.

The households of nursery children have access to regular rapid lateral flow testing. NHS Test and Trace is making rapid lateral flow antigen testing (LFD) available alongside standard lab-based polymerase chain reaction (PCR) tests. These tests play a different, but crucial role in the fight against COVID-19.

Around 1 in 3 individuals with COVID-19 do not display symptoms. Opening testing up to catch those showing no symptoms will help to find positive cases earlier and to break hidden chains of transmission.

For more information regarding LFD testing for the households of the children attending the nursery can be found in the letter emailed to you earlier today as well as our website.

We know that you may find this concerning, but we are continuing to monitor the situation and are working closely with Public Health England. This letter is to inform you of the current situation and provide advice on how to support your child.

The nursery remains open and your child should continue to attend as normal if they remain well.

As the new variant of Covid-19 spreads more easily, please take extra caution with wearing facemasks, handwashing, sanitizing and social distancing. Please do be extra careful about coming into the Centre if you or a member of your family feel unwell. If you are unsure, please call us. Whilst it is our responsibility to keep the Centre safely open, it is crucial that the whole community follows all necessary guidelines.

What to do if your child develops symptoms of COVID-19

If your child develops symptoms of COVID-19, they must not come to the Centre and should remain at home for at least **10 days** from the date when their symptoms appeared. Anyone with symptoms will be eligible for testing and this can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119.

All other household members who remain well, must stay at home, and not leave the house for 10 days. This includes anyone in your 'Support Bubble'.

Further information is available at: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

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.

If you require help with buying groceries, other shopping or picking up medication, or walking a dog, you should ask friends or family. Alternatively, you can order your shopping online and medication by phone or online.

Household members staying at home for 10 days will greatly reduce the overall amount of infection the household could pass on to others in the community

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.

Symptoms

People with symptoms have had a wide range of symptoms reported- ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19

- a new continuous cough
- a high temperature- fever, chills
- a loss of, or change in, your normal sense of taste or smell (anosmia)
- Shortness of breath or difficulties breathing
- Fatigue
- Muscle or body aches

- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting (especially in children)
- Diarrhoea (especially in children)

If your child does develop symptoms, you can seek advice from the nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>. If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> or by phoning 111.

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

Do

- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitizer 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

Thank you for your continuous support. If you have any concerns, please do not hesitate to contact us.



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