



# WOODFIELD SCHOOL

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Headteacher:  
Mrs Gill Waceba

18<sup>th</sup> March 2020

Dear Parents, Carers and Staff,

## Latest guidance from Public Health England issued 18<sup>th</sup> March

Please see the information below which has been updated today regarding ending self-isolation and home isolation.

### Ending self-isolation and household-isolation

#### Self-isolation (*if you live alone*)

If you have been symptomatic, then you may end your self-isolation after 7 days. The 7-day period starts from the day when you first became ill

#### Household isolation

If living with others, then all household members who remain well may end household-isolation after 14 days. The 14-day period starts from the day illness began in the first person to become ill. Fourteen days is the incubation period for coronavirus; people who remain well after 14 days are unlikely to be infectious.

After 7 days, if the first person to become ill feels better and no longer has a high temperature, they can return to their normal routine. If any other family members become unwell during the 14-day household-isolation period, they should follow the same advice - that is, after 7 days of their symptoms starting, if they feel better and no longer have a high temperature, they can also return to their normal routine.

Should a household member develop coronavirus symptoms late in the 14-day household-isolation period (for example, on day 13 or day 14) **the isolation period does not need to be extended, but the person with the new symptoms has to stay at home for 7 days.** The 14-day household-isolation period will have greatly reduced the overall amount of infection the rest of the household could pass on, and it is not necessary to restart 14 days of isolation for the whole household. This will have provided a high level of community protection. Further isolation of members of this household will provide very little additional community protection.

At the end of the 14-day period, any family member who has not become unwell can leave household isolation.

If any ill person in the household has not had any signs of improvement and have not already sought medical advice, they should contact [NHS 111 online](https://www.nhs.uk). If your home has no internet access, you should call NHS 111.

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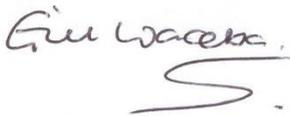
The cough may persist for several weeks in some people, despite the coronavirus infection having cleared. A persistent cough alone does not mean someone must continue to self-isolate for more than 7 days.

If you choose to keep your child off school because of the risk of the current Coronavirus situation please be assured that you will not be penalised for their non-attendance.

I would like to thank you all for your on-going support and understanding in what is a challenging and rapidly changing situation.

If you have any queries regarding a potential return to school please do not hesitate to contact me via the school office 01442 253476.

Yours sincerely,



Gill Waceba  
**Headteacher**

