



JEFFERYS EDUCATION PARTNERSHIP

Hollybrook Infant & Junior Schools

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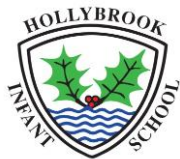
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Headteacher: Ms Marcella Dobson

Deputy Heads: Mrs Clare Clifford & Mrs Lisa Alderslade



16th March 2020

Dear Parents,

Corona Virus Self-Isolation

Please be advised, if your child is absent from school with one of the most common symptoms of the Corona Virus, we ask that you keep them at home for the full seven-day self-isolation period. Please inform the office you are self-isolating when you contact the school.

We would also ask that if any member of the household is self-isolating with either of the symptoms that you keep all of your family at home.

Guidance

Stay at home: guidance for people with confirmed or possible coronavirus (COVID-19) infection

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Symptoms

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough and/or
- high temperature

For most people, coronavirus (COVID-19) will be a mild infection

Main messages

- if you have symptoms of coronavirus infection (COVID-19), however mild, do not leave your home for 7 days from when your symptoms started. (See [ending isolation](#) section below for more information)
- this action will help protect others in your community while you are infectious
- plan ahead and ask others for help to ensure that you can successfully stay at home
- ask your employer, friends and family to help you get the things you need to stay at home
- stay at least 2 metres (about 3 steps) away from other people in your home if possible
- sleep alone, if possible
- wash your hands regularly for 20 seconds, each time using soap and water, or use hand sanitiser
- stay away from vulnerable individuals, such as the elderly and those with underlying health conditions, as much as possible
- you do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact [NHS 111 online](#). If you have no internet access, call NHS 111. For a medical emergency dial 999

Yours sincerely,

Marcella Dobson
Headteacher