

Dear Parents and Carers,

We hope that you all have a safe and restful break over the next 11 days. If your child/ren or anyone in your household develops symptoms during this time it is essential, you inform the school so that we can take any necessary action which may include asking bubbles to isolate. To inform the school, please email info@bpa.cabot.ac.uk with the following information:

- Name of person with symptoms
- Date of first symptoms
- When a test was taken/due to be taken
- Child/ren who attend Begbrook and the class/es they are in
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This mailbox will be checked regularly throughout the 11 days. Please do not phone the school as the lines are not manned and any messages left will not be checked until 8am on Monday 2nd November.

What to do if your child or anyone in the household develops symptoms of COVID 19

If your child/ren or anyone in the household develops symptoms of COVID-19, **your household should isolate while that person is tested and waiting for the results.** A test can be booked via the [NHS online portal](#) or by calling 119.

Symptoms of COVID 19

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

- new continuous cough and/or
- high temperature and/or
- a loss of, or change in, normal sense of taste or smell (anosmia)

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

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 sanitiser 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
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Kind regards
Laurie Munro