



23/09/21

Dear Parents/Carers,

RE: PCR advisory parent letter

We would like to inform you of an outbreak of Covid -19 in form 7SSH.

Education and childcare settings are no longer required to conduct routine contact tracing. As with positive cases in any other setting, NHS Test and Trace will work with either the positive case – or in the case of children – the parents, carers or guardian of the positive case to identify close contacts.

However, due to the number of rising cases in 7SSH, Dudley Council Public Health are advising your child arrange a PCR test (this is different from a lateral flow test), even if they do not have symptoms. This is to help identify any further transmission in the 7SSH. Your child will not be required to isolate, whilst waiting for their results, unless they are displaying symptoms. **Please note if your child has tested positive within the last 90 days do not get them tested, unless they have symptoms.**

To book a PCR test visit <https://www.nhs.uk/ask-for-a-coronavirus-test> and tick “I’ve been told to get a test by my local council, health protection team or healthcare professional” or call 119. Full guidance on how to book a PCR test online is attached to this letter.

We also strongly advise that your child undertakes their twice weekly lateral flow tests at home on a Sunday and Wednesday and report all results via Beacon Hill Academy website. This is because 1 in 3 people have coronavirus without displaying symptoms. If **all** students participate in regular testing, it gives us the best chance of keeping our school safe and avoiding further transmission.

What to do if your child develops symptoms of coronavirus (COVID 19)

The main symptoms of Covid-19 are a new, continuous cough, or a high temperature, or a loss of, or change in, their normal sense of taste or smell (anosmia). If your child develops any of these symptoms, they should isolate immediately and arrange a test via www.gov.uk/get-coronavirus-test or by calling 119.

In addition to the above main Covid-19 symptoms, if your child develops any of the following symptoms, it is also recommended they arrange a PCR test: loss of appetite, sore throat, extreme tiredness, sneezing, headache, diarrhoea, joint or muscle ache, vomiting, nausea, rash, runny nose or congestion. This is because these other symptoms have also been linked to Covid-19 infection. Individuals with any of these other symptoms (apart from diarrhoea and vomiting) **can carry on attending their setting** if they are well enough to do so. For more information, please visit www.dudley.gov.uk/coronavirustesting



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The rules on [self-isolation have changed](#).

Close contacts of a positive case (including households) no longer need to self-isolate if they are:

- fully vaccinated
- are under the age of 18 and 6 months
- can't have the vaccination for medical reasons
- or have taken part in or are currently part of an approved COVID-19 vaccine trial

Any household members that are over 18 and 6 months and are not fully vaccinated will need to isolate.

For most people, Covid-19 will be a mild illness

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.

Further Information

Further information is available at
<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Yours sincerely

Sukhjot Dhami
Principal

How to book a PCR test online if you do not have symptoms

1. Visit this website: <https://www.gov.uk/get-coronavirus-test> and choose 'Start now' near the bottom of the page
2. Select: "No" the person is not an essential worker



Is the person who needs a test an essential worker?

Essential workers include NHS staff, teachers and transport staff. Check the [full list of essential workers on GOV.UK](#).

- ☐ Yes
- ☒ No
- ☐ I don't know

Continue

3. Click "Continue" at the bottom of this page

Tests available

! Tests need to go to essential workers first, including NHS and social care staff.

If you cannot get a test now, try again later. Do not call helplines - you will not be able to get a test through the helplines.

Home tests for the general public AVAILABLE

Posted to your home and should arrive the day after you order it.

Home test for essential workers AVAILABLE

Home test kits prioritised for essential workers.

Test sites

4. Select: "o, none of these symptoms"



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Does the person who needs a test have coronavirus symptoms?

The main symptoms of coronavirus are:

- a high temperature
- new, continuous cough
- loss or change to your sense of smell or taste

Most people with coronavirus have at least one of these symptoms.

- ☐ Yes, at least one of these symptoms
- ☒ No, none of these symptoms

Continue

5. Select: "No" you have not been asked to get a follow-up test

Has the person been asked to get a follow-up test?

For example, their first test was unclear or they need to confirm a possible positive result.

- ☐ Yes
- ☒ No

Continue

6. Select: "No" you are not part of a trial



Is the person who needs a test part of a trial or government pilot project?

For example, they:

- are attending an event that is part of the Events Research Programme
- were told to get a test by the COVID Symptom Study app (by ZOE)
- are taking a test before a dental procedure (Dental Patient Testing)

☐ Yes

☒ No

Continue

7. Select: "I've been told to get a test by my local council, health protection team or healthcare professional"

Why are you asking for a test?

If you are getting a test for someone you live with, answer for them



I've been in contact with someone who's tested positive for coronavirus



I was asked to get a test because I visited a venue where others have since tested positive



I've been told to get a test by my nursery, work or place of education



I've been told to get a test by my local council, health protection team or healthcare professional



My local council or health protection team has asked me to get a test, even though I do not have symptoms



A GP or other healthcare professional has asked me to get a test

or

8. Complete the rest of the form with details.



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If you order a home test kit make sure you post this into a priority post-box to return it. You can find where they are located at <https://www.royalmail.com/priority-postboxes>



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