



October 2020

Ref: KM/DIH

COVID-19 Information

Dear Families,

I hope that you are all keeping well. I would like to update families on the situation at Shireland in relation to COVID-19. Currently we have only had 5 positive test results throughout the Academy, and we have worked closely with Public Health England to contain the spread of the infection internally. Each of these positive results have been traced back to family members and did not originate in the Academy.

We have had a few instances recently where there appears to have some confusion for families regarding the self-isolation laws. I have listed the law in relation to self-isolation below for your convenience. This can also be viewed at <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

Main symptoms

The main symptoms of coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms.

When to self-isolate

Self-isolate immediately if:

- you have any symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)
- you've tested positive for coronavirus – this means you have coronavirus
- you live with someone who has symptoms or tested positive
- someone in your support bubble has symptoms or tested positive
- you're told to self-isolate by NHS Test and Trace or the NHS COVID-19 app
- you arrive in the UK from a country with a high coronavirus risk – see GOV.UK: how to self-isolate when you travel to the UK

A charitable Company Limited by Guarantee registered in England and Wales Company No. 6336693

SHIRELAND
COLLEGIATE ACADEMY TRUST

Registered Office:
Waterloo Road
Smethwick
B66 4ND



FOUNDING ACADEMY OF  SHIRELAND COLLEGIATE ACADEMY TRUST

How to self-isolate

You must not leave your home if you're self-isolating.

do not go to work, school or public places – work from home if you can

do not go on public transport or use taxis

do not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home

do not have visitors in your home, including friends and family – except for people providing essential care

do not go out to exercise – exercise at home or in your garden, if you have one.

When to get a test

Get a test as soon as possible if you have any symptoms of coronavirus.

The symptoms are:

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

The test needs to be done in the first 8 days of having symptoms.

You do not need to get a test if you have no symptoms or if you have different symptoms.

I hope that you find this information useful.

Yours sincerely



Mr D Irish
Principal

WE **MUST** KEEP ON
PROTECTING EACH OTHER



HANDS



FACE



SPACE



**STAY ALERT TO
THE SYMPTOMS**

**HIGH TEMPERATURE OR
NEW CONTINUOUS COUGH OR
LOSS OF TASTE OR SMELL?**



FIND OUT HOW TO GET A TEST, AND HOW LONG TO ISOLATE AT:

nhs.uk/coronavirus

A charitable Company Limited by Guarantee registered in England and Wales Company No. 6336693

SHIRELAND
COLLEGIATE ACADEMY TRUST

Registered Office:
Waterloo Road
Smethwick
B66 4ND



FOUNDING ACADEMY OF  SHIRELAND COLLEGIATE ACADEMY TRUST

Aim Higher

Leading Learning

Promoting Cohesion

Changing Attitudes

Be Concerned for Everyone

See Further