

**PLEASE READ - IMPORTANT INFORMATION**

**Primrose Hill Primary School**

**Covid Information to Parents**

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**Monday 14th September 2020**

Dear Parents & Carers,

As we are settling back to school, we are navigating all the new protocols and procedures to ensure our community is safe. Please read this letter with the latest advice on **symptoms, testing and what to do if you are unsure**. Remember that you can also get advice from the NHS by calling 111 or by speaking with your GP.

**[When should we get tested?](#)**

IF ANYONE IN YOUR FAMILY HAS **ONE** OF THE FOLLOWING SYMPTOMS, PLEASE CALL 111 OR 119 TO GET TESTED. **ALL MEMBERS OF YOUR FAMILY/SUPPORT BUBBLE HAVE TO STAY AT HOME UNTIL YOU GET YOUR TEST RESULTS BACK:**

**a high temperature** – *this means you or your child feels hot to touch on their chest or back (you do not need to measure their temperature, but if your child's temperature is over 38degrees, this qualifies as a high temperature IN ADDITION to them feeling hot to touch on their chest or back)*

- *Please always call 111 or your GP for further guidelines around temperatures, as they will be able to advise you if you should be tested. If they tell you that you have to be tested, then you need to call 119 to arrange this.*

**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 or your child 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 or your child cannot smell or taste anything, or things smell or taste different to normal*

Head Teacher: Robin Warren

Acting Head Teacher: Mireille Alwan

## [What do I do if I am advised to get tested? How do you get a test?](#)

**If you have been asked to get a test, this needs to be done in the *first five days of having symptoms*. Only the person who has symptoms needs to be tested, unless 111 has advised for all of your support bubble to be tested.**

- On days 1 to 4 of your symptoms, you can get tested at a site or at home. If you're ordering a home test kit on day 4, do it by 3pm.
- On day 5, you need to go to a test site. It's too late to order a home test kit.

## [What if I am unable to get a test in the first 5 days?](#)

If you are not able to get a test in the first 5 days of having symptoms, you and anyone you live with must stay at home (***self-isolate for 14 days- click here for advice on isolation***). ***Anyone in your support bubble must also stay at home in isolation.***

## [Tips on the Website:](#)

The website for this often needs refreshing, they will re-release timings and slots for testing, but you will have to continue to refresh. We understand that this is an issue and have raised this with Camden Health Organisation.

<https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name>

Please continue to refresh and contact 111 until you have been given a test slot.

## [What do I do with the results?](#)

***IF THE TEST IS NEGATIVE- this means the person being tested does NOT have Covid:***

If the person/child being tested comes back NEGATIVE and **all other people** in your support bubble have **NO SYMPTOMS** then you can all return to school / work etc.

We will ask you to show us your test results, as advised by the NHS and the government.

***IF THE TEST IS POSITIVE- this means the person being tested does HAVE Covid: :***

- The person being tested has to isolate (stay at home) for 10 days
- All other people in your home/support bubble who have NOT HAD SYMPTOMS have to isolate for 14 days.

If you are unsure, again call 111 for advice.

We know this is a lot of information to take in - we are all navigating this together. Our Admin Team and Staff are able to help, but we are not medical professionals, so we will always ask you to get advice from the NHS or your GP. We appreciate that procedures and precautions can be challenging and cause inconvenience, and as a school we are hugely grateful for your support and cooperation.

Kind regards,

**Robin Warren**  
Head Teacher

**Mireille Alwan**  
Acting Head Teacher