



*Health Protection Duty Room*

*Public Health Agency*

*12-22 Linenhall Street*

*Belfast*

*BT2 8BS*

*Website:- [www.publichealth.hscni.net](http://www.publichealth.hscni.net)*

03/04/2021

St. Therese Of Lisieux Primary School

472 Antrim Road

Belfast

BT15 5GF

Dear Staff Member,

### **CONFIRMED CASE OF COVID-19 IN St. Therese Of Lisieux Primary School**

The Public Health Agency has been notified of a confirmed case of COVID-19 associated with St. Therese Of Lisieux Primary School. The Public Health Agency has worked with the school principal to undertake a risk assessment and has identified you as a **close contact**, which occurred on 31/03/2021.

In general close contacts are people who had direct face to face contact within one metre an infected individual for any length of time, including a face to face conversation, being coughed on or having direct physical contact (skin-to-skin). People who spent more than 15 minutes within two metres of the infected person are also close contacts.

Individuals who have casually passed someone in the school corridor / playground are not considered a close contact.

#### **Advice to self-isolate**

In line with the national guidance, you should stay at home and self-isolate for 10 days from the last contact with the case, which is up to and including 10/04/2021.

You must not go to work or any public areas during this time: you must remain at home.

This will remain the case even if you have received a negative test result, because it can take up to 10 days for the symptoms of infection to develop.

Provided you and everyone else in your household have no COVID-19 symptoms, the remainder of the household can carry on with their normal activities. If you are well at the end of the period of self-isolation, then you can return to usual activities. Further details of what you need to do are found in the self-isolation guidance, which can be accessed at the following link: <https://www.publichealth.hscni.net/covid-19-coronavirus/covid-19-information-public/frequently-asked-questions#what-does-self-isolation-mean>

### **What to do if you develop symptoms of COVID 19**

For most people, especially children, COVID-19 will be a mild illness.

The most common symptoms of 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)

If you develop any of these symptoms, you should remain at home and arrangements should be made for you to be tested. At that time all other household members must also stay at home, not go to work, school or public areas, even for exercise. Testing for all symptomatic individuals in Northern Ireland can be booked at [www.nhs.uk/ask-for-a-coronavirus-test](http://www.nhs.uk/ask-for-a-coronavirus-test)

### **If the test is negative:**

You should still complete your 10 days self-isolation period.

Household contacts can resume normal activities.

**If the test is positive:**

A **new** period of self-isolation will begin for you, for 10 days from the date of onset of symptoms. After 10 days, if you have not had a fever for at least 48 hours, you can return to normal activities.

Household contacts should remain in self-isolation for 10 days from the onset of symptoms of their household member.

**How to stop COVID-19 spreading**

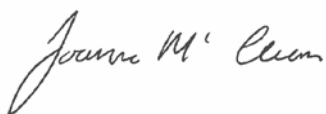
There are things you can do to help reduce the risk of you and anyone you live with getting ill with COVID-19:

- 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

**Further information**

For further information, please see the Public Health Agency website <https://www.publichealth.hscni.net/covid-19-coronavirus> or contact NHS 111. If you feel unwell and you are worried about your symptoms or about anyone else in the home, please contact your GP.

Yours sincerely,



Consultant in Public Health Medicine