



Date: 13th November 2020

Dear Parents

I am writing with some further guidance to help you and your families to stay safe as case rates continue to rise in Northamptonshire. I'd like to thank you for your support during half term, and to those of you making sacrifices on a long term basis to protect your friends, family and neighbours.

As I mentioned above, we continue to see a rise in cases across the county, and we understand that this has probably impacted your family or someone you know at some point. It is important that if your son or daughter is identified as a contact and asked by your school to self-isolate, that they do so for 14 days from the day of exposure to the positive case. There is no need for the rest of the household to self-isolate.

If your son or daughter tests positive for COVID-19 themselves, it is important that they isolate for 10 days from the onset of symptoms or their test date if they were asymptomatic. Everyone else in the household should also self-isolate for 14 days, EVEN IF they receive a negative test result. If anyone in your household tests positive, they should isolate from the rest of the household as much as possible, they should eat away from the rest of the household and should use their own bathroom IF this is possible. If not, the infected person should go last in a rota system and clean the commonly touched surfaces after use.

We are aware of reports of individuals not complying with guidance, or believing that a negative test result means self-isolation can end. This is absolutely not the case. A negative test result means you are negative only on the day of the test, the incubation period of virus transmission can be up to 10 days so the self-isolation period is really important and must be completed in full.

For further information on who needs to self-isolate and when, please visit: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>.

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**Northamptonshire
County Council**

We understand that self-isolation can be really difficult and we have a range of support mechanisms in place for people from financial support, help with priority shopping slots and mental health support. Visit our support page

<https://www.northamptonshire.gov.uk/coronavirus-updates/Pages/request-help-and-support-coronavirus.aspx> or call 0300 126 1000 option 5 to request help.

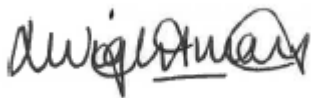
My final update relates to the continuing rise in cases. Worryingly, one of the groups that we are seeing an increased number of cases in, is the over 60s. This is of particular concern because this age group, and most likely your parents and your children's grandparents, are at greater risk of severe illness from COVID-19. We are seeing an increased number of admissions to hospital in both Kettering and Northampton and sadly we are also seeing an increased number of deaths.

You will know from the Prime Minister's briefings that all of the measures we are taking collectively, are aimed at saving lives and protecting our NHS, both of which are starting to be affected locally. I would ask that where possible, you limit contact with those aged over 60, especially where there may be increased mixing in other generations in your family. If you can replace physical interactions with online calls or phone calls, especially while case numbers continue to increase, this is the best way for you to protect your loved ones.

Additionally, if you work with vulnerable or elderly people or care for someone who is vulnerable, take extra care to wash your hands regularly, wear face coverings and maintain distance wherever possible.

I understand that these measures place increasing demands on you and your families and I do not underestimate the impact that this continues to have. I sincerely thank you for your efforts to date. We are all in this together and we need to continue to work together to reduce the spread of the virus and protect those that we love.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Lucy Wightman', written in a cursive style.

Lucy Wightman
Director of Public Health