

Orchard Manor School
John Nash Drive
Dawlish
Devon EX7 9SF



19th March 2020

Dear Parents and Carers,

Self-isolation

We would like to provide some clarification around the duration for which pupils should be self-isolating. When reporting that your child is self-isolating, please make sure that you advise us the period of self-isolation (7 or 14 days), including the start and end date. During the self-isolation period, you will not be required to phone the school on a daily basis. Please be aware, the process for reporting any other type of absence remains the same. Below is the most up to date guidance around self-isolating from the government website:

How long to stay at home

If you have symptoms

If you have symptoms of coronavirus, you'll need to stay at home for 7 days.

After 7 days:

- if you do not have a high temperature, you do not need to stay at home*
- if you still have a high temperature, stay at home until your temperature returns to normal*
- You do not need to stay at home if you just have a cough after 7 days. A cough can last for several weeks after the infection has gone.*

If you live with someone who has symptoms

If you live with someone who has symptoms, you'll need to stay at home for 14 days from the day their symptoms started. This is because it can take 14 days for symptoms to appear.

If more than 1 person at home has symptoms, stay at home for 14 days from the day the first person started having symptoms.

If you get symptoms, stay at home for 7 days from when your symptoms start, even if it means you're at home for longer than 14 days.

If you do not get symptoms, you can stop staying at home after 14 days.

Medication

Email: admin@orchardmanor.devon.sch.uk

Tel: 01626 862363

Webpage: www.orchardmanor.devon.sch.uk

Many of our pupils take regular medication for various reasons. We are aware that pharmacies and GP surgeries are busy places at the moment, however it is important that pupils continue to take their medication. Therefore, please make sure that you have enough medication for your child, and if you are running low, we would advise that you contact your GP as soon as possible. If you are unable to get medication for your child, please let us know.

Yours faithfully,

Mark Rose
Executive Principal