

COVID-19 Update for families 27th May 2021

There is little change to the guidance ahead of half term next week, and we are not expecting further changes until the 21st June. Our clubs will therefore be continuing with their system of controls to ensure our clubs are as safe as possible, manage infection rates and ask that parents remain socially distanced and wear face coverings when dropping off and collecting children.

We will continue to arrange children in groups / bubbles where possible and review our procedures in line with the national guidance and local infection rates, including variants, to prevent any spikes in infection rates prior to the Summer holidays.

Additionally, our staff team are asked to take up twice weekly rapid flow testing, to prevent those without symptoms from spreading the virus.

What you can do to help:

- Keep 2 metres apart when dropping off and collecting children
- Wear a mask when dropping off and collecting your child from the clubs.
- Where possible do not use public transport to travel to and from the clubs.
- Reinforcing with your children how to wash hands, make space and minimise contact

If you or your child has any of the three following symptoms, however mild, you should keep your child at home and book a test:

- a high temperature
 - a new, continuous cough
 - loss or change to your sense of smell or taste
- If anyone in your household develops COVID-19 symptoms, all the household must self-isolate until a test result is received. Please inform MSF immediately about test results.
- If you or your child are required to self-isolate you must not leave your home, not even for a daily walk. If you need support whilst isolating you can contact our Here 2 Help service at: www.worcestershire.gov.uk/here2help

How long you need to self-isolate

If you test positive, your self-isolation period includes the day your symptoms started (or the day you had the test, if you do not have symptoms) and the next 10 full days.

If you get symptoms while you are self-isolating, the 10 days restarts from the day after your symptoms started.

When to stop self-isolating

You can stop self-isolating after the 10 days if either:

- you do not have any symptoms
- you just have a cough or changes to your sense of smell or taste – these can last for weeks after the infection has gone

When to keep self-isolating

Keep self-isolating if you have any of these symptoms after the 10 days:

- a high temperature or feeling hot and shivery
- a runny nose or sneezing
- feeling or being sick
- diarrhoea

Only stop self-isolating when these symptoms have gone.

If you have diarrhoea or you are being sick, stay at home until 48 hours after they have stopped.