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COVID 19 Updated Government Guidance

Dear Parents and Carers,

I would like to keep you updated on the government's response to coronavirus (COVID-19). Daily testing for contacts of COVID-19

From today, a new national approach to daily testing for contacts of COVID-19 is being introduced. All adults who are fully vaccinated and children aged 5 to 18 years and 6 months, identified as a contact of someone with COVID-19 – whether Omicron or not – should take a lateral flow device (LFD) test every day for 7 days instead of self-isolating. Daily testing by close contacts will help to slow the spread of COVID-19.

Daily testing for contacts of COVID-19 will help protect education settings by reducing transmission.

Once notified by NHS Test and Trace or the school as a close contact, all eligible staff, pupils and students should take an LFD each day for 7 days and report the results through the [Online Reporting System](#) and to their setting. If they test negative, they can continue to attend their education setting. Outside of the education setting, they should continue to follow the advice set out in the [Sunday 12 December press release](#). This approach should also be adopted over the winter break and on return in January.

If they test positive, they should self-isolate and [order a PCR test](#) to confirm the result. If the PCR is positive, they must self-isolate for 10 days. If the PCR test is negative, they no longer need to self-isolate but should continue to carry out the remainder of the daily tests, and only need to isolate if it is positive.

For primary aged children [LFD test kits are available through the usual routes](#) (community test sites, local pharmacies or online).

Children under five years old do not need to take part in daily testing for contacts of COVID-19 and do not need to isolate.

Anyone over the age of 18 years and 6 months who is not vaccinated, must isolate in line with government guidelines if they are a close contact of a positive case.

For children with SEND who struggle to or are unable to self-swab daily for 7 days, settings should work with students and their families to agree an appropriate testing route, such as assisted swabbing.

Finally, it is important to continue regular twice weekly, at-home testing for all education and childcare workforce and all children.

Update on COVID-19 vaccinations

The new Omicron COVID-19 variant is spreading fast. Anyone who is unvaccinated or who hasn't had their booster is at even greater risk from COVID-19 and more serious illness. Vaccines are the best way we can protect ourselves and help keep children and young people in face-to-face education.

People aged 18 years and over, and those aged 16 years and over who are at risk (including health and social care workers) will be offered a booster dose of coronavirus (COVID-19) vaccine. We are encouraging everyone who is eligible to take up the booster dose.

You can pre-book your booster dose online if it's been 2 months (61 days) since you had your 2nd dose and you are:

- aged 30 and over
- aged 16 and over with a health condition that puts you at high risk from COVID-19
- a frontline health or social care worker

You will be offered appointment dates from 3 months after the date of your 2nd dose.

16 and 17 year olds can get two doses of the COVID vaccine. They can book an appointment through the national booking service and walk in centres are available.

The Health and Social Care Secretary announced on Monday 29 November that young people aged 12 to 15 in England will be offered a second dose of the Pfizer-BioNTech COVID-19 vaccine, following advice from JCVI. Parents of children aged 12-15 that have not yet had their first vaccine can book their child's first vaccination slot over the winter break via the [national booking system](#).

Information on vaccination for 12 to 15 year olds can be found in the [COVID-19 vaccine for children aged 12 to 15 guidance](#).

[Further information on the coronavirus booster vaccination](#) and booking a vaccination can be found on NHS.UK.

Symptoms of COVID 19

The most common symptoms of coronavirus (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)**

For most people, coronavirus (COVID-19) will be a mild illness.

If your child does develop symptoms, you can seek advice from the nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>. If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> or by phoning 111.

What to do if your child develops symptoms of COVID 19

If your child becomes symptomatic, you must notify school immediately. Please be alert and respond promptly, following the guidance below.

Notify school - leadership@cavclosei.derby.sch.uk or 01332 662239.

If your child develops symptoms of COVID-19, they should access a PCR test. **There is a walk-through testing site at Sussex Circus Housing Office and you can access a test without an appointment until 6pm.** Alternatively, testing can be arranged via <https://www.gov.uk/get-coronavirus-test> or call 119.

Anyone with symptoms must isolate.

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

Do

- 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

Further information is available at

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Kind regards,

Mrs C Diffin

Headteacher